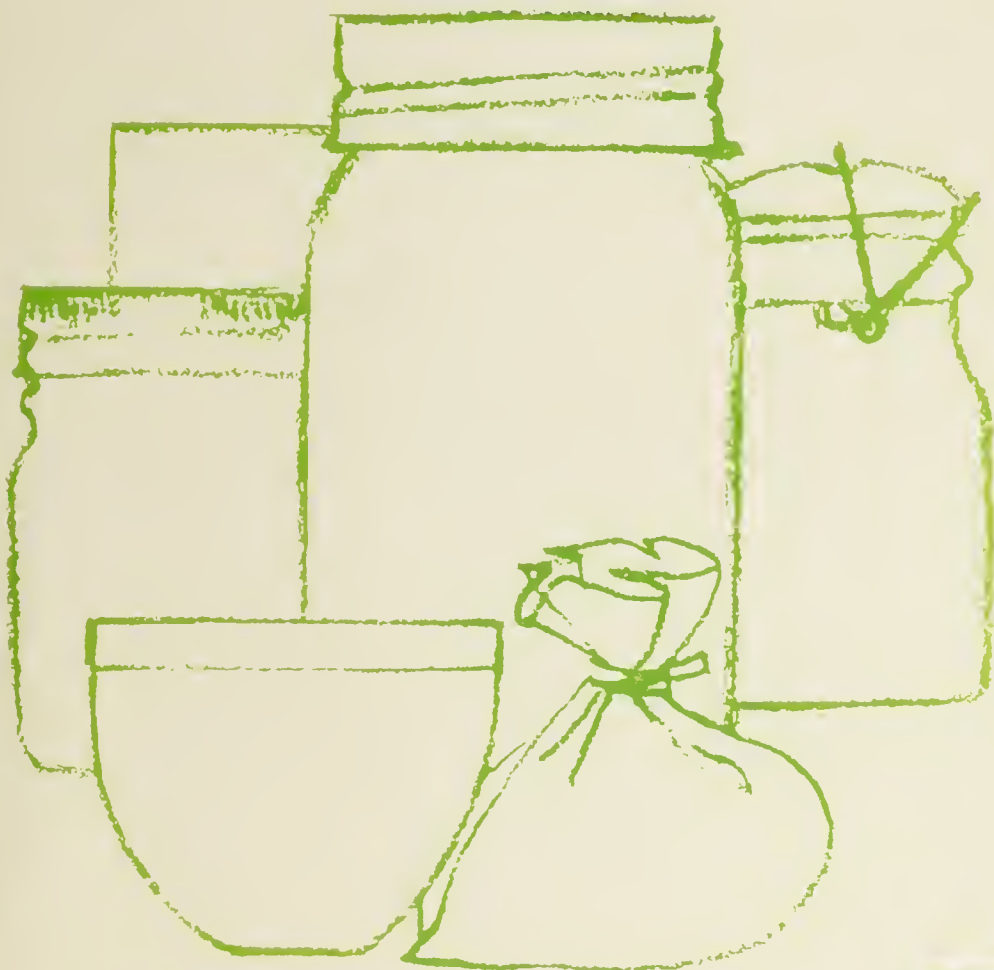


# Food preservation practices in the home: A consumer survey



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FOOD PRESERVATION  
PRACTICES  
in the HOME:  
A Consumer  
Survey

Food Advisory Division  
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## SUMMARY

A consumer survey was conducted in the summer of 1980 to gather qualitative information about home food-preservation practices and to increase public awareness of Food Advisory Division's role as a home preserving educator.

An interviewer-administered questionnaire was completed by 8 930 food preservers in eight different locations. Both urban and rural interviewing sites were selected by the university students making up the interviewing teams stationed in Vancouver, Toronto, Montreal and St. John's. Interviews conducted by the Toronto team at the Canadian National Exhibition were separated from the other Toronto interviews. As well, one student conducted interviews in Ottawa. The provincial home economists in Nova Scotia and Newfoundland collected data from people living in the rural communities of those provinces.

The survey findings were both surprising and alarming. Surprising in that 45% of the people approached by the interviewers had done food preserving at home and agreed to complete the questionnaire. Food preserving was perceived as more than just an activity to use excess garden produce. For the most part, the desire was to produce good quality, nutritious preserved foods at economical prices.

A new kind of home preserver emerged from the demographic data. Unlike their predecessors, the home preservers in this sample did not necessarily live in a rural community nor were they necessarily homemakers. At the same time, the emphasis had changed from canning food to freezing it.

However, some alarming preservation practices were reported and at a disturbing frequency. For example, 66.4% of those who had canned vegetables reported using a boiling-water bath process. The figure for processing in a boiling-water bath was even higher for those who reported canning meat, fish and poultry. In addition, poor handling practices, such as freezing corn and tomatoes without any heat treatment, which leads to poor quality products and thus economic loss were reported.

The data suggested that word-of-mouth communication of preservation techniques might partly explain why the unsafe methods used by previous generations are still being practiced today. In a technological society with sophisticated educational facilities these kinds of risks should have been eliminated by now; before the eaters were eliminated.

These findings offer some real challenges to educators. The need for safe, nutritious stocks of preserved foods has been expressed. The preservation practices presently being used do not always fulfill that need. Educators can play a role to help reduce the risk and satisfy the need, particularly since food preservation remains a popular household activity.



## FOREWORD

The early settlers, through trial and error methods, developed the basis of food preservation. However, it was the scientists who improved on those methods over the years so that supplies of preserved food became safer to eat, lasted longer and tasted better. Professionals today are provided with a wealth of information concerning safe preservation practices. However, what they know little about are today's home preservers answers to questions as to who are they, what do they preserve, how do they preserve, and why do they do home preserving are not known.

An alarming picture begins to develop from piecing together a few known facts:

- . People are using methods of preservation considered potentially dangerous to health. A study of 457 home canners in Manitoba found that the incidence of using improper canning methods was alarmingly high (McDaniel et al., 1977). For example, 81% of those surveyed failed to can low-acid vegetables under pressure. This same practice was reported by 92% of 149 people surveyed in Saskatoon (Webster, 1978).
- . Home canning of meat, fish and poultry is done despite the lack of authoritative Canadian research. In the Manitoba study, 17.5% of the home canners reported canning meat, fish and poultry. In 75% of those cases incorrect methods had been used (McDaniel et al., 1977). In Newfoundland the incidence of canning meat, fish and poultry is suspected to be even higher (Jocelyn Wood, personal communication, 1980).
- . Two known outbreaks of botulism in Canada have been traced to home-canned low-acid food (Marcotte, 1979). In the United States, figures released from the Center for Disease Control indicated an alarming mean of 11.3 outbreaks of botulism between 1970 and 1975 (Marcotte, 1979).

. More households are doing preserving which heightens the risk factor. About 15% of the publications distributed by the Food Advisory Division in 1977-78 were the three dealing with preservation - 'Freezing Foods', 'Canning Canadian Fruits and Vegetables' and 'Jams, Jellies and Pickles'.

The practice of freezing, for example, has become increasingly common. According to the latest Statistics Canada survey, in 1978, nearly half of all Canadian households owned a freezer.

Reports from the United States suggested that home preserving may be on the increase there. Le Bovit (1972), reporting on a national survey commissioned by the U.S. Department of Agriculture in 1966, stated that 17% of the households surveyed had done home preserving. Ten years later Davis and Page (1979), reporting on 5000 U.S. households, found that about 30% had canned fruits and vegetables.

This study attempted to become better acquainted with the home preservers of today. The ultimate goal of professionals should be to ensure a safe, nutritious and varied supply of home-preserved food. To reach that goal we need to know who we are dealing with and how we should be communicating to these people.

## OBJECTIVES

- Primary... To gather qualitative information which would help to describe home preservers from selected areas in terms of their
- i) habits, ii) attitudes, and iii) physical characteristics.
- Secondary... To increase public exposure to the Food Advisory Division as a leading authority on food preservation in the home.

## METHODOLOGY

In the summer of 1980 the Food Advisory Division designed and administered a qualitative survey to 8 930 home preservers in eight different locations. Originally, five locations were chosen as survey sites - Vancouver, Toronto and the Canadian National Exhibition grounds, Montreal and St. John's. In the final planning three more locations were added - rural Newfoundland, rural Nova Scotia and the city of Ottawa.

Description of locations: The survey headquarters for four interviewing teams were the Agriculture Canada regional offices in Vancouver, Toronto, Montreal and St. John's. Interviews conducted by the Toronto team at the Canadian National Exhibition (C.N.E.) were separated from the other Toronto interviews because the two audiences were thought to be different from each other.

A provincial home economist in Newfoundland and one in Nova Scotia were responsible for completing the survey in those locations. In Newfoundland, questionnaires were mailed from the St. John's office to people nonrandomly selected from a list of those who had attended a preservation course given by the home economist. The home economist stationed in Truro, Nova Scotia, distributed questionnaires to extension home economists in several rural communities.

A student on staff at the Food Advisory Division conducted the interviews in Ottawa.



Interviewing sites: Within the five urban locations interviewing sites were nonrandomly chosen in all directions from the city center. Interviewers were positioned in high-traffic areas such as shopping malls, farmers' markets and public parks. At the C.N.E., interviewers were positioned at the Home Canning Show in the Coliseum Building. Several rural communities, within a day's travel from Vancouver, Toronto, Montreal and St. John's were also selected. Rural visits were often scheduled to coincide with special events such as agricultural fairs or musical concerts.

In Nova Scotia, 14 different rural communities were chosen. Interviewing sites ranged from Amherst in the north to Yarmouth on the west coast and to Sydney on the east side.

Questionnaires were mailed to home preservers living in many small communities in Newfoundland; these ranged from Trepassy in the southeast corner to the west coast at Jeffrey and the more northerly points of Hampden and Browns Arm. (See Appendix II)

The interviewing teams: Eighteen university students, enrolled in home economics or related programs, composed the interviewing teams in Vancouver, Toronto, Montreal and St. John's. Each team consisted of a project leader, chosen by the Food Advisory Division, and three or four interviewers hired by the project leader. (See Appendix I)

The project leaders attended a one-week training session in Ottawa, before starting the project. Research methodology, project administration and preservation methods were covered by the project manager and officer-in-charge at the Food Advisory Division. The project leaders, in turn, held a similar training program for the interviewers during the first week of the project. A student on staff at the Food Advisory Division was trained along with the project leaders to conduct the interviews in Ottawa.

The extension home economists in rural Nova Scotia used the training manual developed for the interviewing teams to prepare themselves for interviewing.

Quality control practices: The four student teams were supervised and co-ordinated by the project manager stationed in Ottawa. Progress reports, work schedules and completed questionnaires were reviewed bimonthly by the manager.

The project leaders visited each interviewing site daily and about 20% of their time was spent interviewing with the team. Weekly staff meetings were held at each survey headquarters. Interviewers scheduled time to edit the questionnaires before returning them to Ottawa.

Sampling procedure: The interviewers were instructed to nonrandomly select any adult male or female who passed by. From the people approached, those who had done home preserving or could report on the preserving done in the household were eligible to answer the questionnaire.

In the locations where both urban and rural sites were used for interviews, a quota control restriction was enforced. The total number of people approached was in the ratio of one-and-a-half urban to one rural. It was believed that fewer urban dwellers would be home preservers.

The other locations had no quota control restrictions. Interviewers in Nova Scotia and Ottawa were encouraged to complete as many questionnaires as possible. Questionnaires were sent to 500 rural Newfoundland households.

Data collection method: A bilingual questionnaire was developed at headquarters for use by the interviewers. The personal interviewing technique was chosen to help meet the public relations objective of the project. The respondent was allowed to answer freely and give multiple responses to most of the questions. The interviewer coded the response by deciding whether it belonged to one or more of the categories listed or should be listed under the designation 'OTHER'. In the latter case the respondent's answer was written in the space provided. Only answers pertaining to the individuals' activities within the 12 months prior to the interview were allowed. Thus, every respondent was reporting within the same time frame.

If the respondents had done home preserving within the time specified they were asked about the types of preserving done. For canning food and freezing vegetables, the specific methods used were also recorded. These methods were of particular interest because of their effect on food safety and quality. The respondents were also queried as to sources of food supply, sources of information and their reasons for home preserving.

Those who had done preserving but not within the time frame specified were asked their reasons for not preserving and their future intentions.

All respondents were asked to describe themselves by choosing from among several categories of age, household size and income, employment status, sex and type of community in which they lived. The respondents' names and addresses were not collected. As a reward, respondents were offered the publications 'Freezing Foods', 'Canning Canadian Fruits and Vegetables' and 'Jams, Jellies and Pickles'.

Where questionnaires were mailed to respondents, a letter was included to explain the purpose and procedure for completing the questionnaire.

Processing the questionnaires: All of the replies, except for those listed under 'OTHER', were processed by the computer facilities at Agriculture Canada. Answers were coded so that both a total count and percent were determined from the total answering each question in each location. When a particular question was miscoded only the question and not the entire questionnaire was discarded. No other statistical tests were performed on the data because of the non-random selection of respondents and interviewing sites

The replies listed under 'OTHER' were hand-tabulated by the interviewing teams.

Interviewing timetable: Interviewing commenced July 2, 1980 and continued for eight consecutive weeks. It was staggered over a six day week with morning, afternoon and evening shifts. (See Appendix II).



## FINDINGS

A copy of the questionnaire will be found in Appendix III. An analysis of each question is presented in the tables which follow. A footnote to each table identifies the question analyzed. In most cases the total number of respondents and a breakdown for the eight locations surveyed are presented in the same table.

The total responses for a particular question are not necessarily the same for all questions for several reasons: i) multiple responses were allowed, ii) respondent did not answer the question, or iii) the interviewer miscoded the question.

Public response: The public responded quite favorably to the survey and to the topic of food preservation at home. Nearly half (45%) of the people approached agreed to complete the questionnaire. Only 22 percent of those approached had never home preserved (Table 1).

Several respondents (11%) made additional comment upon completion of the questionnaire, often complimenting the government for the information available and at the same time expressing a need for greater communication. (See Appendix V.)

The data in Tables 1 and 2 demonstrate the popularity of the survey and the publications.

Table 1. Response rate in all locations

Item	Number	Percent
People approached	20 033	100
Refusals	6 629	33
Non-preservers	4 474	22
Completed questionnaires	8 930	45

Almost half (45%) of the 20 033 people approached completed the questionnaire. Of those who did not participate in the survey 33% refused to, while another 22% were not eligible because there had never been any home preserving done in their household.

Table 2. Number of publications distributed

Publication	Number	Percent
Freezing Foods	6018	35.4
Canning Canadian Fruits and Vegetables	5035	29.6
Jams, Jellies and Pickles	5952	35.0

A total of 17 005 Agriculture Canada publications were distributed to those completing the questionnaire. Slightly more of the Freezing Foods (35.4%) and Jams, Jellies and Pickles (35.0%) were requested than Canning Canadian Fruits and Vegetables (29.6%).

Many people commented that the survey was worth completing just to receive the publications (see Appendix V).



Table 4. Incidence of having done home preserving within the past year in all locations<sup>1</sup>

Response	All	Location							
	locations	Van	Tor	Mon	St. J	NS	Nfld	CNE	Ott
		(%)							
Yes	92.0	86.3	91.0	94.5	93.0	91.4	98.3	93.3	98.1
No	8.0	13.7	9.0	5.5	7.0	8.6	1.7	6.7	1.9
Total re- spondents	8922	1380	2171	3001	1604	336	117	254	59

<sup>1</sup> See Appendix III, Question 2.

Most of the home preservers surveyed had done preserving within the past year from the time of the interview (92%). Incidence of not having preserved within the time frame specified was highest in Vancouver (13.7%).

Table 5. Intentions of preserving in the future by past preservers in all locations<sup>1</sup>

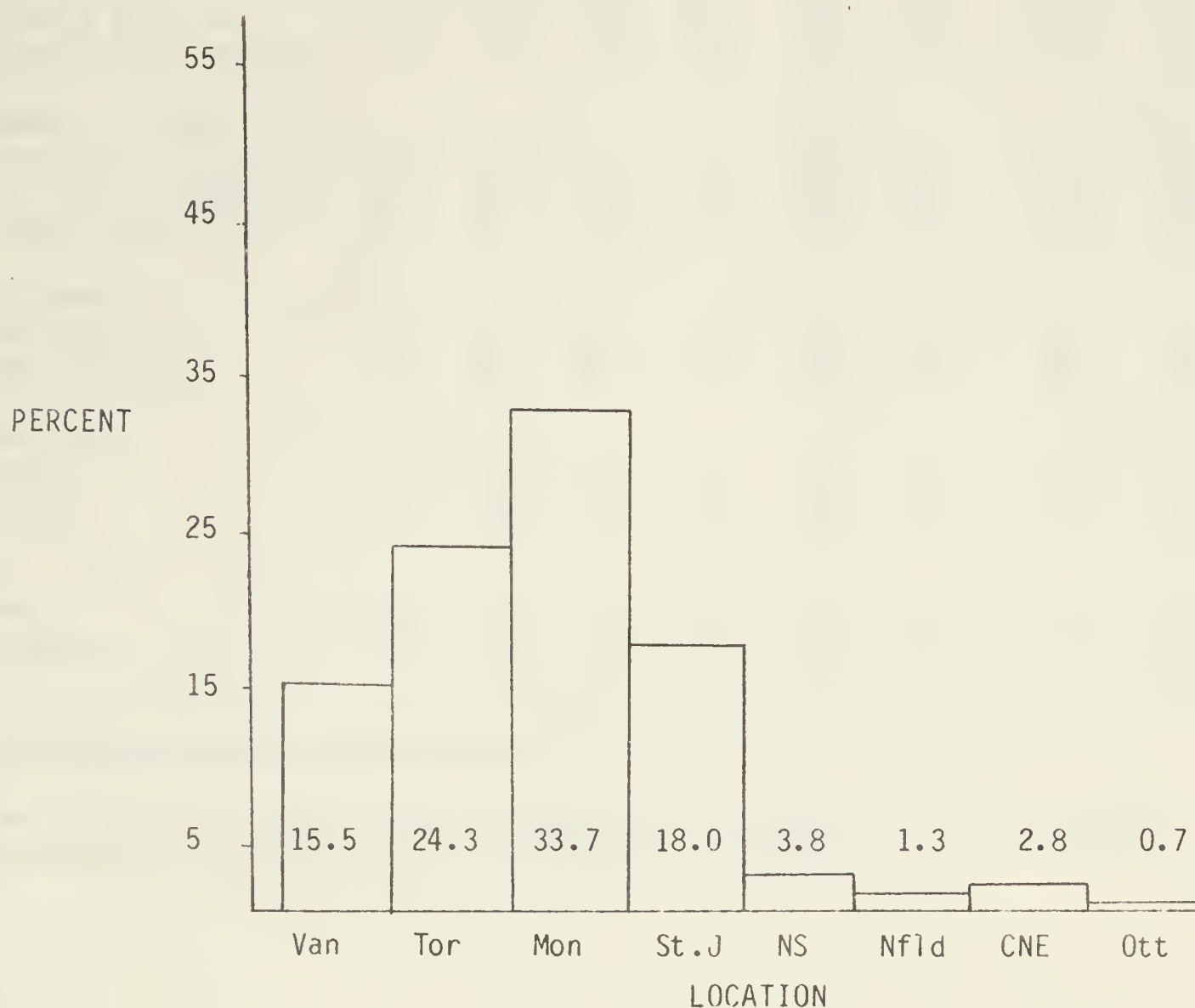
Response	All	Location							
	locations	Van	Tor	Mon	St. J	NS	Nfld	CNE	Ott
		(%)							
Yes	98.1	97.9	100.0	95.7	100.0	89.7	100.0	100.0	100.0
No	0.8	1.6	-	1.2	-	3.4	-	-	-
Not sure	1.1	0.5	-	3.0	-	6.9	-	-	-
Total re- spondents	716	190	194	164	111	29	8	19	1

<sup>1</sup> See Appendix III, Question 4.



Most of the people who had not preserved within the past year said that they intended to do preserving another year (98.1%). Generally respondents interviewed in each of the locations were consistent with each other. In Nova Scotia, slightly more responded, no, they did not intend to preserve (3.4%) or were not sure whether they would preserve another year (6.9%).

FIG. 1 Distribution of respondents interviewed in eight locations.  
(N=8930)



More than half of the respondents came from central Canada (61.4%). The province of Newfoundland was well represented (19.3%) as was the city of Vancouver and surrounding area (15.5%). Rural people in Nova Scotia also contributed to the survey results (3.8%).



Table 6. Demographic characteristics in percentage of respondents, by locations<sup>1</sup>

Demographic characteristics	All locations	Locations							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
Sample size <sup>2</sup>	(8930)	(1383)	(2171)	(3006)	(1604)	(336)	(117)	(254)	(59)
Age:									
Under 25 years	7	6	5	5	14	11	7	3	12
25 to 49 years	58	52	65	59	49	59	61	61	69
50 years and over	35	42	30	36	37	30	32	36	19
Household size:									
1 person	6	10	5	5	6	4	4	8	5
2 persons	28	38	25	27	26	24	24	26	22
3 to 6 persons	61	48	66	64	57	67	59	64	71
More than 6 persons	5	4	4	4	11	5	13	2	2
Household income:									
Less than \$10 000	13	14	9	8	22	16	20	11	11
\$10 000 to \$20 000	40	41	31	45	39	53	46	38	15
More than \$20 000	47	45	60	47	39	31	34	51	74
Employment:									
Employed	44	47	51	38	41	48	44	50	64
Not employed	56	53	49	62	59	52	56	50	36
Community:									
Urban	58	64	59	64	51	16	20	69	78
Rural	42	36	41	36	49	84	80	31	22
Sex:									
Male	10	13	4	10	13	8	11	1	25
Female	90	87	96	90	87	92	89	99	75

<sup>1</sup> See Appendix III, Questions 13-17

<sup>2</sup> Percentage in various cells of the table are based on fewer responses because not all participants answered all questions.

From the trends in the data a profile of the home preservers surveyed could be described as:

- . over 25 years old (93%),
- . female (90%),
- . living in a household with 3 to 6 persons (61%), and
- . having a household income of more than \$10 000 (87%).

Slightly more were not employed outside the home (56%) than were employed. Fewer lived in a rural community (42%) than in an urban setting (58%).

Table 7. Demographic comparison between present preservers and potential preservers.

Demographic characteristics	Respondents	Type of preserver (%)	
		Present preservers	Potential preservers
Age			
Under 25 years	7	7	9
25 to 49 years	58	58	60
50 years and over	35	35	31
Household size			
1 person	6	6	9
2 persons	28	27	33
3 to 6 persons	61	62	52
More than 6 persons	5	5	6
Household income			
Less than \$10 000	13	12	14
\$10 000 to \$20 000	40	40	35
More than \$20 000	47	48	51
Employment			
Employed	44	43	58
Not employed	56	57	42
Community			
Urban	58	57	68
Rural	42	43	32
Sex:			
Male	10	9	10
Female	90	91	90
Total respondents	8852	8173	679

<sup>1</sup> Total number of respondents vary because not all participants answered all questions.

Age, household income and sex did not seem to affect whether the respondent was preserving presently or intended to preserve in the future. However, more respondents from two-person households or fewer (42%), employed outside the home (58%) and living in an urban community (68%) indicated that they intended to preserve in the future compared to those who were currently preserving.

Table 8. Demographic comparison of home preservers in this study to home canners in the U.S.

Demographic characteristics	Home Preserving Surveys	
	Home preservers in this study	Home canners in U.S. <sup>1</sup>
	(%)	
Age		
Under 25 years	7	10
25 to 49 years	58	49
50 years and over	35	39
Household size		
1 person	6	9
2 persons	28	31
3 or more	66	60
Household income		
\$20 000 or less	53	71
More than \$20 000	47	11
Employment		
Employed	44	40
Not Employed	56	56
Total respondents	8852	901

1. Davis and Page (1979).

Davis and Page (1979) reported that their sample of households in four regions of the U.S. had the demographic characteristics as summarized above. The present study found the home preservers in Canada were slightly older and more respondents had an income of over \$20 000 compared to Davis and Page's (1979) sample. Discrepancies in income however, could have been due to the year that the U.S. study was conducted. However, household size and employment status of the respondents were similar in the two surveys.

Type of preserving done: Freezing food (80.0%) and jam and jelly making (73.2%) were the most common types of preserving done. Pickling (59.8%) and canning food (31.7%) were less often mentioned (Table 9).

Demographic characteristics of respondents had little effect on the type of preserving done, with one exception. Rural dwellers mentioned canning and drying more often than people from urban centers (Table 10).

Tables 9 through 11 details the type of preserving done.

Table 9. Type of preserving done within the past year in all locations <sup>1</sup>

Type of preserving	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(% )							
Freezing	80.0	73.6	83.6	75.7	85.8	84.1	96.5	86.9	70.7
Jams, jellies	73.2	70.3	70.8	73.0	78.4	77.0	87.8	64.6	72.4
Pickling	59.8	45.4	56.8	67.2	58.2	72.2	70.4	59.1	51.7
Canning	31.7	45.8	31.9	23.0	34.1	27.2	70.4	39.2	15.5
Drying	9.5	4.8	5.2	7.5	21.8	5.8	33.9	8.0	8.6
Salting	1.8	-	0.1	-	9.6	-	1.7	-	-
Cold storage	0.9	0.1	1.7	-	2.6	-	-	-	3.5
Wine/beer making	0.7	1.0	1.9	-	0.7	-	-	-	1.7
Total Respondents	8231	1197	1978	2843	1494	309	115	237	58

<sup>1</sup> See Appendix III, Question 5.

Freezing was the most common method of preserving mentioned (80.0%), followed by jam and jelly making (73.2%), pickling (59.8%) and canning (31.7%). Drying (9.5%) was less often mentioned as was salting (1.8%), cold storage (0.9%) or wine/beer making (0.7%).



Freezing was most often mentioned by those interviewed in Newfoundland (96.5%), C.N.E. (86.9%), St. John's (85.8%), Nova Scotia (84.1%) and Toronto (83.6%) than by those interviewed in the other locations.

Pickling was more common in Nova Scotia (72.2%), Newfoundland (70.4%), and Montreal (67.2%) than the other areas surveyed.

Jam and jelly making was the most common in Newfoundland (87.8), St. John's (78.4%) and Nova Scotia (77.0%).

More people surveyed in Newfoundland (70.4%), Vancouver (45.8%), C.N.E. (39.2%) and St. John's (34.1%) responded that they had canned food within the past year than people surveyed in the other locations.

Respondents surveyed in Newfoundland (33.9%) and St. John's (21.8%) more often mentioned drying (33.9% and 21.8% respectively) and salting food (1.7% and 9.6% respectively) than people questioned in the other locations.



Table 10. Type of preserving in percentage of responses by demographic characteristics.

Demographic characteristics	Responses	Type of Preserving					
		Canning	Freezing	Drying	Pickling	Jellies	Other
Age:							
Less than 25 years	(548)	23	78	12	42	69	4
25 to 49 years	(4753)	32	83	9	60	71	4
50 years and over	(2923)	33	76	9	63	77	5
Income:							
Under \$10 000	(981)	37	70	12	58	76	6
\$10 000 to \$20 000	(3253)	30	80	9	59	71	4
Over \$20 000	(3836)	31	83	9	61	74	3
Household size:							
1 person	(477)	26	63	7	48	71	3
2 persons	(2261)	29	76	8	56	71	3
3 to 6 persons	(5071)	33	83	10	63	74	4
Over 6 persons	(419)	43	84	19	60	80	11
Employment:							
Employed	(3508)	31	82	9	56	70	4
Not employed	(4714)	32	79	10	63	76	4
Community:							
Urban	(4718)	26	76	7	54	70	2
Rural	(3513)	39	83	13	67	77	7
Sex:							
Male	(753)	30	78	13	51	61	6
Female	(7354)	32	80	9	61	74	4
Total responses <sup>1</sup>	8224						
Percent of all responses <sup>2</sup>		32	80	10	60	73	4

<sup>1</sup> Percentages in various cells of this table are based on fewer responses because not all participants answered all questions.

<sup>2</sup> Percent of all responses adds to more than 100% because participants indicated that they used more than one type of preserving.

Generally the demographic make-up of the respondent had little affect on the type of preserving done. Respondents living in rural communities mentioned all types of preservation more often than those living in urban centers.

Table 11. Comparison of type of preserving done in Food Advisory Division (F.A.D.) survey with data reported or estimated by other sources

Type of preserving	F.A.D. Survey	Source of data		
		Prince Edward Island Survey <sup>1</sup>	Nature of consumer calls <sup>2</sup> (%)	Distribution of preservation publications <sup>3</sup>
Freezing	80.0	93	45.3	42.6
Jams, jellies	73.2	84	13.2	30.9
Pickling	59.8	93	14.7	
Canning	31.7	9	26.8	26.5
Drying	9.5	4	-	-
Number	8231	107	448	669 253

1. Grimmett (1977)

2. Food Advisory Division (1979)

3. Information Services (1979)

Consistent with the present survey results, freezing was the most common type of preserving reported or estimated by other sources, followed by jam and jelly making, then pickling. Canning and drying food were less commonly reported or estimated by all sources.

Reasons for home preserving: The superior taste of homemade preserves over their commercial counterpart (62.2%) plus economics (52.4%) most often influenced the individuals surveyed to do home preserving. The enjoyment they received (19.4%) slightly outweighed the sense of necessity to preserve because they had a garden (14.2%) (Table 12). People who had made pickles or jams and jellies mentioned that homemade preserves had better taste most often. However, for those who had frozen or canned food economics was mentioned as often as taste (Table 13).

For those who had not preserved within the past year diminished family size or not enough time were the reasons mentioned most often. Lack of time was expressed particularly by those who indicated that they intended to preserve another year (Table 15).

Tables 12 through 16 outline the reasons for home preserving in detail.

Table 12. Reasons for doing home preserving in all locations<sup>1</sup>

Reasons for preserving	All locations	Location							
		Van	Tor	Mon	St.J (%)	NS	Nfld	CNE	Ott
Homemade taste better	62.2	62.5	57.9	60.7	66.3	81.9	74.8	57.4	62.1
Saves money	52.4	51.3	58.4	41.5	62.8	54.4	73.9	63.7	41.4
Enjoy the activity	19.4	20.0	20.7	13.9	21.8	35.6	52.2	17.7	29.3
Have garden	14.2	19.8	16.8	9.4	9.0	34.3	36.5	15.6	25.9
Contains no additives	12.1	17.3	14.4	10.6	5.2	16.8	24.3	13.9	19.0
Convenience in winter	9.0	6.4	13.7	8.0	5.6	22.3	0.9	-	22.4
Homemade better for you	8.8	16.3	8.8	5.0	6.7	21.4	27.0	5.9	10.3
Not available commercially	6.9	3.4	3.6	7.0	15.3	3.6	13.9	1.7	6.9
Homemade fresher, better quality	3.4	0.8	10.4	1.2	0.6	5.5	-	-	5.2
To use excess, avoid waste	0.9	0.8	1.9	0.1	1.1	4.5	-	-	-
Total responses	8222	1194	1977	2839	1493	309	115	237	58

<sup>1</sup> See Appendix III, Question 12.

Respondents most often mentioned that homemade preserved food tasted better (62.2%) and saved money (52.4%). Other references to quality included: 'contains no additives' (12.1%), 'homemade better for you' (8.8%) and 'homemade fresher, better quality' (3.4%). Several mentioned that they enjoyed the activity (19.4%). Preserving food

because they had a garden (14.2%) or to use excess/avoid waste (0.9%) were mentioned less often as the reasons for home preserving. Home-preserved food was mentioned as being convenient over the winter (9%) and in a few cases not available commercially (6.9%).

Respondents interviewed in Nova Scotia (81.9%) and Newfoundland (74.8%) especially mentioned that homemade tasted better. That home preserved food saved money was mentioned most often by those interviewed in Newfoundland (73.9%), C.N.E. (63.7%) and St. John's (62.8%).







Respondents who had made pickles or jams and jellies quite often mentioned that one of the reasons they did home preserving was because homemade tasted better. For those who had frozen or canned food they mentioned that it saved money as often as homemade tasted better.

Table 14. Comparison of reasons for doing home preserving to those reported by other researchers

Reasons for preserving	Food Advisory Survey	Other research data	
		P.E.I. <sup>1</sup>	Saskatoon <sup>2</sup>
			(%)
Homemade taste better	62.2	-	20.4
Saves money	52.4	80.4	20.6
Enjoy activity	19.4	-	12.6
Have garden	14.2	-	20.8
Contains no additives	12.1	-	14.1
Homemade fresher, better quality	3.4	74.5	-
Total responses	8222	102	149

<sup>1</sup> Grimmett (1977)

<sup>2</sup> Webster (1979)

Home preservers in Prince Edward Island and Saskatoon responded in much the same way as respondents in this survey to the reasons for doing home preserving. Home preserving to save money and because homemade tasted better, was better quality than commercially produced preserves, were the two most common reasons stated by all home preservers.

Table 15. Reasons for not preserving within the past year by past preservers in all locations<sup>1,2</sup>

Reasons for not preserving	Location								
	All locations	Van	Tor	Mon (%)	St.J	NS	Nfld	CNE	Ott
Diminished family size	75.3	80.9	100.0	100.0	9.6	17.9	33.3	35.3	-
Not enough time	54.3	55.0	51.0	54.6	58.8	50.0	66.7	52.9	100.0
Lack of equipment, storage	20.5	24.9	18.0	12.9	35.9	3.6	-	-	-
Not physically able to	9.0	5.8	7.2	8.6	21.9	-	-	-	-
Too expensive	8.3	6.9	13.9	3.1	8.8	7.1	-	11.8	-
No desire to	8.0	10.1	3.1	7.4	15.8	7.1	-	-	-
Haven't finished previous year's supplies	7.5	7.9	5.2	6.7	14.0	3.6	-	-	-
Total responses	709	189	194	163	114	28	3	17	1

<sup>1</sup> See Appendix III, Question 3.

<sup>2</sup> Column percents add to more than 100% because many repondents gave more than one reason for not preserving.

Diminished family size was expressed by most respondents (75.3%) as one of the reasons why they did not preserve within the past year. The second most common reason given was not enough time (54.3%). Lack of equipment/storage was the reason expressed by many people (20.5%). Other reasons mentioned in order of frequency were: not physically able (9.0%), too expensive (8.3%), no desire to (8.0%), and haven't finished the preserves from the previous year (7.5%). This trend was consistent for respondents living in Vancouver, Toronto and Montreal. In St. John's, Nova Scotia, Newfoundland, C.N.E. and Ottawa, not enough time was mentioned more often than diminished family size.

Table 16. Reasons for not preserving by intention of preserving another year for all past preservers.

Reasons for not preserving	Responses	Intention of preserving another year		
		Yes	No (%)	Not sure
Too expensive	(54)	7.8	-	14.3
No desire	(56)	7.8	20.0	28.6
Not enough time	(379)	55.3	20.0	57.1
Don't like preserves	(10)	1.5	-	-
Other	(271)	39.5	60.0	14.3
Total responses	688	676	5	7

Of those who indicated that they intended to preserve another year or were not sure, the most often mentioned reason for not preserving now was 'not enough time' (55.3% and 57.1% respectively). For those who had no intention of preserving, other reasons were mentioned most often (60.0%).

Sources of information: Word-of-mouth communication of information, particularly the mother (59.8%), was the most typical source mentioned (Table 17). Particularly those living in rural communities, younger respondents from large families, with an income of less than \$10 000 mentioned mother more often than people from the other demographic categories (Table 17).

Of the printed material mentioned, books/cookbooks (40.8%) were more common than books with the preserving supplies (12.9%) or government publication (8.8%) (Table 17).

A few have taken courses (4.2%) but as many had taught themselves through trial and error methods (4.7%) (Table 17).

Refer to Tables 17 to 20 for specific data concerning the sources of information used.

Table 17. Sources of information about home preserving in all locations<sup>1</sup>

Sources of information	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Mother	59.8	59.5	53.3	58.3	70.3	70.2	62.6	53.2	60.3
Other relatives	15.1	7.5	17.1	14.0	17.7	21.7	22.6	19.8	15.5
Friends, neighbors	14.2	9.8	20.2	10.1	14.7	18.4	19.1	24.9	17.2
Home economist	2.8	4.3	1.0	1.4	2.5	11.4	39.1	2.5	5.2
Books, cookbooks	40.8	41.2	54.9	34.4	31.1	44.8	46.1	53.2	32.8
Books with preserving supplies	12.9	8.5	19.8	5.8	16.4	25.4	30.4	19.0	12.1
Government publications	8.8	5.8	12.1	7.6	5.1	21.4	18.3	13.5	15.5
Newspaper	6.7	4.4	13.3	3.8	2.7	11.0	6.1	16.5	6.9
Magazine	6.3	3.1	12.9	2.7	3.5	13.4	10.4	16.0	1.7
Self taught, trial and error	4.7	4.8	7.6	2.5	6.2	5.0	0.9	-	5.2
School, extension course	4.2	4.6	4.1	3.7	3.3	6.4	17.4	4.6	1.7
Total responses	8215	1193	1978	2842	1493	299	115	237	58

<sup>1</sup> See Appendix III, Question 11.

Learning to preserve from other people was most often mentioned. Mother (59.8%) was the most common source of information followed by other relatives (15.1%), friends, neighbors (14.2%) and home economists (2.8%).



Of the printed material mentioned, books/cookbooks (40.8%) were mentioned most often followed by books with the preserving supplies (12.9%), government publications (8.8%), newspaper (6.7%) and magazines (6.3%).

Respondents interviewed in Toronto and at the C.N.E. mentioned books/cookbooks more often (54.9% and 53.2%) than people in other areas. Government publications were least often mentioned by respondents interviewed in Vancouver (5.8%), Montreal (7.6%) and St. John's (5.1%).

As was expected more people in Newfoundland reported that they learned about preserving from a home economist (39.1%) than anywhere else surveyed. The sample had been selected from those who had taken a course in home preserving.

Table 18. Sources of information by demographic characteristics.

Demographic characteristics	Sources of Information										
	Responses	Mother	Other relatives	Friends, neighbors	Home economist	Book, cookbook	News-paper	Maga-zine	Gov. pub. course	Book with supplies	Other
Age											
Under 25	(547)	65.4	16.5	13.9	4.6	31.3	6.0	7.1	7.9	13.0	5.7
25 to 49	(4754)	57.1	15.6	15.6	2.9	41.9	6.5	5.9	8.9	13.5	6.1
50 and over	(2916)	63.2	14.0	12.0	2.5	40.7	7.0	6.7	8.9	12.0	7.0
Income											
Under \$10 000	(975)	66.8	15.7	12.4	2.8	36.3	5.5	4.5	8.2	8.9	8.3
\$10 000-\$20 000	(3249)	62.0	14.6	13.9	2.9	37.4	5.9	5.7	8.2	12.4	5.8
Over \$20 000	(3829)	56.2	15.3	15.1	2.9	44.7	7.7	7.4	9.6	14.4	6.3
Household size											
1 person	(475)	61.1	12.4	10.9	2.5	36.2	6.1	5.5	7.8	9.1	11.4
2 persons	(2258)	58.0	13.5	12.7	2.6	39.4	6.3	5.8	7.8	11.8	7.8
3 to 6 persons	(5063)	59.6	15.7	15.1	2.9	42.3	7.0	6.6	9.5	13.8	5.2
over 6 persons	(416)	70.0	19.5	15.9	4.1	35.6	4.8	5.5	7.2	13.7	6.7
Employment											
Employed	(3498)	58.5	15.4	14.5	3.4	40.2	7.3	7.1	9.3	14.1	6.6
Unemployed	(4708)	60.7	14.8	14.0	2.5	41.2	6.2	5.6	8.5	12.1	6.2
Community											
Urban	(4711)	57.3	14.4	13.7	2.7	41.6	7.2	6.4	8.2	13.1	6.3
Rural	(3504)	63.1	16.0	14.9	3.1	39.7	5.9	6.1	9.8	12.7	6.5
Sex											
Male	(749)	57.0	22.8	14.3	2.1	30.3	4.1	3.1	6.8	12.1	9.2
Female	(7341)	60.0	14.2	14.1	2.6	41.7	7.0	6.5	8.8	12.8	6.1
Total responses <sup>1</sup>	8208										
% of all responses <sup>2</sup>		59.8	15.1	14.2	2.9	40.8	6.7	6.3	8.8	13.0	6.4

<sup>1</sup> Percentages in various cells of this table are based on fewer responses because not all participants answered all questions.

<sup>2</sup> Percent of responses adds to more than 100% because participants indicated that they used more than one source on information.

Respondents with an income of under \$10 000 (66.8%) and living in a household of more than six persons (70.0%) were more likely to mention mother as a source of information than those with greater incomes or smaller sized households. Respondents over 25 years, those with an income over \$20 000 (44.7%), those from households between 3 and 6 persons (42.3%) and females (41.7%) mentioned books/cookbooks and government publications more often than those in the other categories.

Respondents living in a rural community were more likely to mention mother (63.1%), other relatives (16.0%), friends and neighbors (14.9%) and home economist (3.1%) as sources of information than those living in urban centers. Urban dwellers mentioned printed material more often, except for government publications. Rural respondents mentioned publications (9.8%) more often than urban respondents (8.2%).

Table 19. Sources of information in percentage by type of preserving done.

Sources of information	Responses	Type of preserving (%)					
		Canning	Freezing	Drying	Pickling	Jams	Other
Mother	(4909)	68.2	59.2	65.1	66.6	65.9	75.5
Books, cookbooks	(3352)	44.9	42.9	42.7	45.2	44.1	40.9
Other relatives	(1238)	18.1	15.7	25.1	17.3	15.3	29.4
Friends, neighbors	(1169)	15.7	15.3	16.4	15.2	13.6	20.0
Books with pre-serving supplies	(1065)	10.4	14.9	13.8	10.0	10.9	17.3
Government publications	(726)	10.9	9.9	11.7	10.1	9.3	11.2
Newspaper	(547)	8.3	7.4	8.7	7.4	7.0	6.4
Magazines	(515)	8.0	6.8	9.0	7.3	7.1	6.7
School or extension course	(343)	5.0	4.5	5.6	5.0	4.8	4.8
Home economist	(234)	4.6	3.1	5.5	3.3	3.1	3.9
Other	(524)	7.0	6.9	6.8	5.2	5.2	9.1
Total respondents	8215						
% of all responses		31.7	80.0	9.5	59.8	73.2	2.4

<sup>1</sup> Multiple answers were allowed.

The type of preserving done seemed to have little influence on the sources of information about home preserving used.



Table 20. Comparison of sources of information to those reported by other researchers.

Sources of information	Food Advisory survey	Sources of other data		
		U.S. <sup>1</sup>	P.E.I. <sup>2</sup>	Manitoba <sup>3</sup>
		(%)		
Friends, relatives, neighbors	89.1	61	49	49.8
Books, cookbooks	40.8	43	74.5	36.0
Magazines, newspaper	13.0	12	50.0	-
Book with preserving supplies	12.9	10	-	6.5
Gov. publications	8.8	9	91	7.7
Self-taught, experience	4.7	10	-	-
Total responses	8215	1346	102	457

<sup>1</sup> Davis and Page (1979)

<sup>2</sup> Grimmett (1977)

<sup>3</sup> Loewen et al, (1981)

Except for home preservers surveyed in Prince Edward Island, word-of-mouth information was the most common source of information reported by all researchers. However, Grimmett's sample was selected from those who had requested information from the government office. This may partly explain the discrepancy.

Sources of supply: The three most common sources of supply for fruits and vegetables were farm market garden, farmer's market or the household garden. The last was more common with those who preserved vegetables (50%) (Table 23) than of those who preserved fruits (27.3%) (Table 21), and especially of rural dwellers (Table 25). Also people who said that they canned or dried fruits and vegetables more often indicated that they grew their own than those preserving by other methods (Table 22). Tables 21 through 25 outline the sources of supply reported by respondents.

Table 21. Sources of supply for fruits used in preserving in all locations<sup>1</sup>.

Sources of supply	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Farm, market garden	43.5	43.5	64.0	44.3	1.9	57.8	6.4	50.7	66.0
Grow my own	27.3	37.8	29.7	17.9	27.5	46.0	45.9	30.6	26.0
Buy from farmer's market	20.8	15.8	18.6	33.5	4.7	21.1	11.0	20.1	26.0
Pick wild	18.5	2.1	3.7	-	88.9	9.7	30.3	-	6.0
Supermarket	17.9	10.1	18.9	17.0	25.9	9.7	28.4	16.3	8.0
Free from neighbor, relative, friend	12.8	17.2	9.3	5.8	22.9	29.1	22.9	9.6	12.0
Retail produce store	9.2	4.4	16.1	10.9	1.3	6.9	4.6	15.3	6.0
Total Responses	7534	1123	1773	2588	1393	289	109	209	50

<sup>1</sup> See Appendix III, Question 10.

Respondents most often reported that they obtained the fruit for preserving at a farm or market garden (43.5%). The others in order of frequency were: 'grow my own' (27.3%), 'buy from farmer's market' (20.8%), 'pick wild' (18.5%), 'supermarket' (17.9%), 'free from neighbor, relative, friend' (12.8%) and 'retail produce store' (9.2%).

Respondents interviewed in St. John's and elsewhere in Newfoundland more often reported that they picked the fruit wild (88.9% and 30.3% respectively) and less often mentioned that they purchased the fruit from a farm/ market garden (1.9% and 6.4% respectively) than respondents interviewed in the other areas. Grimmett (1977) reported that picking wild berries was common among P.E.I. respondents (14.7%).

Table 22. Sources of supply for fruits by type of preserving done

Type of preserving	Responses	Sources of supply						
		Grow own	Free from neighbor	Buy from farmer's market	(%) Farm, market garden	Retail produce store	Super-market	Other
Canning	(2479)	38.3	14.8	22.2	43.9	8.1	17.5	21.8
Freezing	(6039)	29.0	12.8	20.5	44.2	9.4	17.6	21.2
Drying	(710)	40.0	17.3	20.4	25.9	8.2	23.5	43.9
Pickling	(4609)	30.2	13.2	22.8	43.3	9.7	18.1	19.7
Jams, jellies	(5965)	28.5	13.5	21.2	44.2	9.1	17.9	21.1
Other	(306)	38.2	19.9	10.5	19.3	5.2	25.2	63.4
Total responses	7479							
% of all responses		27.3	12.8	20.8	43.5	9.2	17.9	19.7

Sources of fruit supply did not appear to be affected by the type of preserving done. Purchasing from a farm, market garden was the source most often mentioned. Slightly more who said that they had canned or dried food also mentioned that they had grown their own fruit (38.3% and 40.0% respectively) than those who mentioned the other preservation methods.

Table 23. Sources of supply for vegetables used in preserving in all locations<sup>1</sup>.

Sources of supply	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
						(%)			
Grow own	50.0	56.2	51.1	44.8	46.0	78.2	65.8	52.2	65.1
Buy from farmer's market	24.0	10.7	19.0	33.4	23.9	16.2	18.4	21.5	37.2
Farm-market garden	23.8	35.9	31.8	20.8	10.1	13.2	5.3	32.5	25.6
Supermarket	17.9	8.9	18.8	14.2	36.9	6.8	23.7	11.0	7.0
Free from neighbor, friend, relative	9.5	11.3	8.7	5.8	12.9	26.7	13.2	10.0	11.6
Retail produce store	8.3	6.5	13.5	8.6	1.8	3.0	7.9	11.5	-
Total responses	6564	866	1666	2399	1039	266	76	209	43

<sup>1</sup> See Appendix III, Question 10.

Half of the respondents reported that they grew the vegetables that they preserved. Also mentioned were buying from a farmer's market (24%) and farm-market garden (23.8%). Purchasing vegetables from a supermarket (17.9%) or retail produce store (8.3%) was less often mentioned, as was free from neighbor, relative or friend (9.5%).

Respondents interviewed in St. John's and elsewhere in Newfoundland more often mentioned buying vegetables at the supermarket (36.9% and 23.7% respectively) and less often mentioned purchasing at a farm-market garden (10.1% and 5.3% respectively) than respondents surveyed in the other areas.



People interviewed in Montreal (33.4%) and Ottawa (37.2%) more often mentioned purchasing produce at a farmer's market than those interviewed in the other areas.

Purchasing vegetables from a farm-market garden was most often mentioned by those respondents interviewed in Vancouver (35.9%), Toronto (31.8%) and C.N.E. (32.5%).

The home preservers surveyed by Grimmett (1977) in Prince Edward Island most often reported they grew the food that they preserved (86%). Also mentioned by those respondents was 'pick-your-own farms' (41%), farmer's market (27.5%) and supermarket (23.5%).

Table 24. Sources of supply for vegetables by type of preserving done.

Type of preserving	Responses	Sources of supply						
		Grow own	Free from neighbor	Buy from farmer's market	(%) Farm market-garden	Retail produce store	Super-market	Other
Canning	(2360)	61.3	9.0	22.7	24.9	6.1	15.6	0.7
Freezing	(5534)	52.2	9.6	23.5	24.5	8.1	18.3	0.6
Drying	(659)	63.6	11.4	26.1	16.1	7.6	20.6	1.7
Pickling	(4792)	52.0	9.9	24.5	22.8	7.9	17.4	0.5
Jams, jellies	(4894)	51.5	9.2	24.9	23.7	7.6	18.0	0.5
Other	(273)	64.8	12.5	22.0	14.7	4.8	29.3	1.1
Total responses	6515							
% of all responses		50.1	9.5	24.1	23.8	8.2	18.0	0.6

Those who had canned or dried food mentioned that they had grown their own vegetables (61.3% and 63.6 % respectively) slightly more often than those mentioning the other preservation methods. Otherwise, type of preserving done did not appear to affect the source of supply of vegetables for preserving.



Table 25. Sources of supply by type of community.

Sources of supply	<u>All locations</u>		<u>Community</u>			
	Fruits	Vege- tables	Urban	Vege-	Rural	Vege-
			Fruits	tables (%)	Fruits	tables
Grow my own	27.3	50.0	21.4	39.4	35.0	63.3
Free from neighbour	12.8	9.5	12.5	9.4	13.1	9.6
Buy from farmer's market	20.8	24.0	25.6	29.7	14.6	16.9
Farm-market garden	43.5	23.8	42.6	26.0	44.8	21.1
Retail produce store	9.2	8.3	10.7	10.5	7.4	5.5
Supermarket	17.9	17.9	20.9	21.6	13.9	13.3
Other	19.7	0.6	16.8	0.7	23.5	0.4
Total responses	7534	6564	4243	3643	3291	2921

Considerably more respondents in the rural areas indicated that they had grown their own vegetables (63.3%) than urban respondents. Urban dwellers more often said that they bought their produce from a farmer's market, supermarket or retail produce store than respondents in rural communities.

Types of food frozen and methods used for vegetables: Of the 6579 individuals who indicated that they had frozen food, a total of 53 976 mentions were made of the type of food frozen (an average of eight responses per individual). Vegetables (32.7%) and fruits (31.6%) were most often mentioned. Less often mentioned were: meat (8.9%), prepared foods (8.4%), poultry (8.0%), fish (6.5%), dairy products (3.4%), eggs (0.2%) and other (0.2%).

Freezing of strawberries, raspberries, blueberries and rhubarb was most typical of the home preservers surveyed (Table 26).

Beans, corn, carrots, peas, tomatoes, cauliflower, peppers and broccoli were most often mentioned as the vegetables frozen (Table 27). Blanching was the most typical method of preparing vegetables for freezing (Table 28). However, the freezing of tomatoes and corn without any heat treatment was common (Table 26).

Tables 26 through 37 detail the type of food frozen by the home freezers surveyed.

Table 26. Types of fruits frozen in all locations<sup>1</sup>

Type of fruit	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Apples	5.5	7.8	6.4	8.2	0.7	9.4	2.8	4.8	8.6
Apricots	0.8	3.5	0.6	0.3	0.3	0.2	0.3	0.4	-
Blueberries	13.9	12.9	6.6	11.3	21.6	20.1	21.5	6.7	9.7
Cherries	3.4	4.9	7.2	0.9	1.0	4.0	0.5	8.9	3.2
Currants	1.4	0.8	2.2	0.2	1.8	1.3	2.3	2.4	-
Peaches	5.4	6.6	12.2	3.4	0.7	4.7	0.3	12.5	8.6
Pears	1.6	1.6	1.4	1.1	0.3	1.8	0.5	1.8	1.1
Plums	1.4	3.9	1.5	0.6	0.4	1.5	0.3	2.2	1.1
Raspberries	14.2	17.7	12.7	18.7	10.1	12.9	16.3	13.3	12.9
Rhubarb	10.4	7.8	11.3	10.9	8.9	15.9	15.5	10.3	16.1
Strawberries	24.3	24.5	29.8	40.6	7.2	24.1	10.5	26.1	35.5
Other:	18.2	7.8	8.2	3.8	46.9	4.1	28.5	10.7	3.2
Applesauce	0.7	0.6	2.4	0.1	-	0.4	-	-	2.3
Blackberries	0.9	3.1	0.3	0.4	0.6	1.6	0.5	-	-
Cranberries	0.7	-	0.2	0.1	1.7	2.6	-	-	-
Gooseberries	0.4	-	0.4	0.1	0.7	0.7	0.3	-	1.1
Partridge berries	4.6	-	0.1	-	16.3	0.1	2.3	-	-
Total responses <sup>2</sup>	17072	2599	3871	3893	4765	946	400	505	93

<sup>1</sup> See Appendix III, Question 7.

<sup>2</sup> Respondents indicated that they froze more than one type of fruit.

Strawberries were mentioned most often as the fruit frozen (24.3%), followed by raspberries (14.2%), blueberries (13.9%) and rhubarb (10.4%).

Particularly those interviewed in Montreal (40.6%) and Ottawa (35.5%) reported having frozen strawberries. Incidence of having frozen blueberries was highest in Newfoundland (22.5%), St. John's (21.6%) and Nova Scotia (20.1%).

Table 27. Types of vegetables frozen in all locations<sup>1</sup>.

Type of vegetable	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Asparagus	1.9	2.1	2.8	1.5	1.3	1.2	0.5	1.9	0.8
Beans	16.5	17.6	16.8	19.1	6.7	15.8	9.9	19.9	13.0
Beets	3.7	4.4	4.6	2.0	3.6	5.6	4.4	4.3	3.8
Broccoli	6.1	7.2	4.8	6.2	8.9	5.6	11.3	3.9	6.9
Carrots	10.3	9.9	9.1	10.5	14.8	10.5	12.3	7.5	8.4
Cauliflower	7.8	8.6	9.1	7.1	5.6	4.9	8.9	8.6	8.4
Corn	10.4	11.9	10.8	12.5	2.7	8.0	2.0	11.9	8.4
Mushrooms	1.1	1.7	1.4	0.7	0.5	2.5	-	1.6	8.0
Peas	9.2	13.4	10.3	4.9	9.1	14.0	16.9	9.6	6.1
Peppers	7.7	3.6	5.4	12.3	3.4	5.3	3.4	5.3	9.9
Squash/pumpkin	3.1	3.6	4.1	1.2	2.2	8.3	3.0	2.6	3.8
Tomatoes	8.9	6.7	9.3	12.1	2.5	7.3	2.5	8.9	16.8
Zucchini	2.3	2.6	2.5	1.5	1.3	1.1	3.0	3.2	2.3
Other:	12.4	7.3	9.2	9.8	37.1	9.9	22.2	10.9	10.7
Cabbage	1.2	0.5	1.7	-	4.6	1.2	2.9	-	0.8
Brussels sprouts	0.9	0.4	1.9	-	1.1	0.6	1.5	-	1.5
Swiss chard	0.8	0.9	0.7	0.1	2.3	2.3	0.9	-	1.5
Turnips	0.8	0.3	1.4	-	1.6	1.8	-	-	-
Spinach	0.7	1.0	1.2	-	0.9	1.5	-	-	2.3
Onion	0.5	0.3	0.8	0.4	0.3	1.2	0.5	-	0.8
Total responses <sup>2</sup>	17658	2354	5995	5316	1879	1084	203	696	131

<sup>1</sup> See Appendix III, Question 7.

<sup>2</sup> Respondents indicated that they froze more than one type of vegetable.

The most often frozen vegetable was beans (16.5%). Also mentioned were corn (10.4%), carrots (10.3%), peas (9.2%), tomatoes (8.9%), cauliflower (7.8%), peppers (7.1%) and broccoli (6.1%).



Freezing beans was slightly more common of those interviewed at the C.N.E. (19.9%) and Montreal (19.1%). Tomatoes was mentioned most often by respondents in Ottawa (16.8%) and Montreal (12.1%).

Freezing peas (16.9%) and broccoli (11.3%) were more often mentioned by those interviewed in Newfoundland than by those interviewed in the other locations.

Table 28. Method of preparing vegetables for freezing in all locations<sup>1</sup>.

Method of preparing	F.A.D. 2/	All locations	Location							
			Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
			(%)							
Blanched	61.5	75.9	83.3	72.8	74.2	82.8	74.5	82.3	74.0	73.3
Cooked	30.8	5.3	4.3	6.9	1.9	5.7	12.9	7.4	6.5	8.4
Neither	7.7	19.7	12.9	21.6	24.7	11.8	14.2	10.8	20.9	22.9
Total responses		17658	2354	5995	5316	1879	1084	203	696	131

<sup>1</sup> See Appendix III, Question 7.

<sup>2</sup> Represents the percent who responded correctly, according to Food Advisory Division recommendations, for the 13 vegetables listed.

Most respondents indicated that they had blanched the vegetables before freezing (75.9%). Not giving the vegetables any heat treatment (19.7%) was more often mentioned than cooking before freezing (5.3%).

Respondents in Vancouver (83.3%), St. John's (82.8%) and elsewhere in Newfoundland (82.3%) mentioned blanching more often than did respondents in other locations. Cooking vegetables before freezing was most often mentioned by those living in Nova Scotia (12.9%).

In comparison with Food Advisory Division recommendations for preparing vegetables for freezing, respondents reported blanching or no heat treatment more frequently but cooking less frequently.

As shown in Tables 29 to 36, tomatoes were often mentioned as having no heat treatment rather than cooking before freezing as the Food Advisory Division recommends. This was more common with respondents interviewed in Vancouver (44.9%), Toronto (54.7%), Ottawa (40.9%) and at the C.N.E. (62.9%) than those interviewed in the other locations.

Respondents reported blanching beets quite often rather than cooking as the Food Advisory Division recommends. As Tables 29 to 36 show, respondents interviewed in Vancouver (93.2%), Montreal (80.4%) and Ottawa (80.0%) reported blanching beets more often than did respondents in the other locations.

Also common was freezing corn without any heat treatment. Of those who froze corn, 21.7% in Toronto, 20.4% in Vancouver, 20.4% in Montreal, 19.3% at the C.N.E. and 18.2% in Ottawa reported that they did not use heat treatment.



Table 29. Types of vegetables frozen and methods used.

1. VANCOUVER				
Type of vegetable <sup>1</sup>	Responses	Method of preparation for freezing		
		(%)		
		Blanched	Cooked	Neither
Asparagus	(50)	94.0	-	6.0
Beans	(415)	92.8	1.2	6.3
Beets	(103)	93.2	2.9	3.8
Broccoli	(170)	93.5	1.8	4.8
Carrots	(232)	93.5	3.0	4.7
Cauliflower	(203)	93.1	1.0	5.9
Corn	(280)	80.7	0.7	20.4
Mushrooms	(37)	75.7	10.8	13.5
Peas	(317)	91.5	0.6	8.2
Peppers	(85)	57.6	-	42.4
Squash/pumpkin	(85)	51.8	41.2	8.2
Tomatoes	(158)	41.1	13.9	44.9
Zucchini	(62)	72.6	11.3	16.1
Total responses	2354			
% of all responses		83.3	4.3	12.9

<sup>1</sup> Other vegetables mentioned: spinach, Swiss chard, cabbage, Brussels sprouts, beet greens.

Table 30. Types of vegetables frozen and methods used.

2. TORONTO				
Type of vegetable <sup>1</sup>	Responses	Method of preparation for freezing		
		(%)		
		Blanched	Cooked	Neither
Asparagus	(166)	77.7	1.2	21.1
Beans	(1006)	88.9	1.7	10.3
Beets	(274)	74.1	19.7	6.9
Broccoli	(287)	90.9	1.0	8.7
Carrots	(546)	86.9	2.6	11.5
Cauliflower	(545)	91.9	1.5	7.3
Corn	(650)	78.2	2.9	21.7
Mushrooms	(80)	37.4	24.8	39.0
Peas	(620)	82.9	0.8	16.8
Peppers	(325)	24.8	3.4	72.8
Squash/pumpkin	(247)	47.8	35.2	18.6
Tomatoes	(558)	33.3	15.1	54.7
Zucchini	(150)	70.7	6.0	24.0
Total responses	5995			
% of all responses		72.8	6.9	21.6

<sup>1</sup> Other vegetables mentioned: Brussels sprouts, cabbage, turnip, spinach, onion.

Table 31. Types of vegetables frozen and methods used.

3. MONTREAL				
Type of vegetable <sup>1</sup>	Responses	Method of preparation for freezing		
		(%)		
		Blanched	Cooked	Neither
Asparagus	(80)	82.5	1.3	17.5
Beans	(1014)	84.5	1.5	14.8
Beets	(107)	80.4	4.7	16.8
Broccoli	(334)	85.3	0.9	14.4
Carrots	(559)	80.0	1.4	19.0
Cauliflower	(376)	87.8	1.6	11.4
Corn	(663)	78.6	2.0	20.4
Mushrooms	(35)	51.4	10.8	40.0
Peas	(261)	78.9	1.9	19.9
Peppers	(656)	46.0	0.5	54.0
Squash/pumpkin	(63)	66.7	11.1	22.2
Tomatoes	(641)	68.2	2.5	30.1
Zucchini	(80)	76.3	3.8	21.3
Total responses	5316			
% of all responses		74.2	1.9	24.7

<sup>1</sup> Other vegetables mentioned: onion, eggplant, mixed vegetable.

Table 32. Types of vegetables frozen and methods used.

4. ST. JOHN'S				
Type of vegetable <sup>1</sup> Responses		Method of preparation for freezing		
		(%)		
		Blanched	Cooked	Neither
Asparagus	(25)	76.0	-	24.0
Beans	(127)	87.4	0.8	11.8
Beets	(68)	69.1	22.1	8.8
Broccoli	(168)	89.3	2.4	8.3
Carrots	(279)	85.3	10.4	4.7
Cauliflower	(106)	86.8	6.6	6.6
Corn	(51)	82.4	3.9	13.7
Mushrooms	(9)	33.3	22.2	44.4
Peas	(171)	76.6	2.3	21.6
Peppers	(64)	35.9	-	64.1
Squash/pumpkin	(41)	41.5	41.5	17.1
Tomatoes	(48)	58.3	14.6	27.1
Zucchini	(25)	84.0	-	16.0
Total responses	1879			
% of all responses		82.8	5.7	11.8

<sup>1</sup> Other vegetables mentioned: turnip tops, cabbage, Swiss chard, Dandelion greens, turnip.

Table 33. Types of vegetables frozen and methods used.

5. NOVA SCOTIA				
Type of vegetable <sup>1</sup>	Responses	Method of preparation for freezing		
		(%)		
		Blanched	Cooked	Neither
Asparagus	(13)	92.3	7.7	-
Beans	(171)	96.5	0.6	7.0
Beets	(61)	70.5	29.5	-
Broccoli	(61)	93.4	3.3	3.3
Carrots	(114)	93.9	1.7	5.2
Cauliflower	(53)	98.1	-	1.9
Corn	(87)	83.9	8.0	10.3
Mushrooms	(27)	48.1	14.8	37.0
Peas	(152)	87.5	2.0	12.5
Peppers	(58)	37.9	1.7	63.8
Squash/pumpkin	(90)	25.6	61.1	14.4
Tomatoes	(80)	45.0	26.3	28.8
Zucchini	(12)	50.0	25.0	25.0
Total responses	1084			
% of all responses		74.5	12.9	14.2

<sup>1</sup> Other vegetables mentioned: Swiss chard, turnip tops, spinach.



Table 34. Types of vegetables frozen and methods used.

6. NEWFOUNDLAND				
Type of vegetable <sup>1</sup> Responses		Method of preparation for freezing		
			(%)	
		Blanched	Cooked	Neither
Asparagus	(1)	100.0	-	-
Beans	(20)	100.0	-	-
Beets	(9)	44.4	44.4	11.1
Broccoli	(23)	100.0	-	-
Carrots	(25)	92.0	4.0	4.0
Cauliflower	(18)	88.9	-	11.1
Corn	(4)	100.0	-	-
Mushrooms	(-)	-	-	-
Peas	(34)	85.3	2.9	11.8
Peppers	(7)	-	-	100.0
Squash/pumpkin	(6)	16.7	83.3	-
Tomatoes	(5)	60.0	40.0	-
Zucchini	(6)	83.3	16.7	-
Total responses	203			
% of all responses		82.3	7.4	10.8

<sup>1</sup> Other vegetables mentioned: turnip tops, cabbage, rape, Brussels sprouts, Swiss chard, beet greens.

Table 35. Types of vegetables frozen and methods used.

7. C.N.E.				
Type of vegetable	Responses	Method of preparation for freezing		
		Blanched	(%) Cooked	Neither
Asparagus	(13)	76.9	-	23.1
Beans	(139)	92.8	2.2	7.2
Beets	(30)	66.7	26.7	6.7
Broccoli	(27)	96.3	-	3.7
Carrots	(52)	90.4	3.8	5.8
Cauliflower	(60)	93.3	-	8.3
Corn	(83)	79.5	2.4	19.3
Mushrooms	(10)	40.0	30.0	40.0
Peas	(67)	95.5	-	6.0
Peppers	(37)	10.8	-	89.2
Squash/pumpkin	(18)	38.9	55.6	5.6
Tomatoes	(62)	22.6	17.7	62.9
Zucchini	(22)	68.2	4.5	31.8
Total responses	696			
% of all responses		74.0	6.5	20.9

Table 36. Types of vegetables frozen and methods used.

8. OTTAWA				
Type of vegetable <sup>1</sup>	Responses	Method of preparation for freezing		
			(%)	
		Blanched	Cooked	Neither
Asparagus	(1)	100.0	-	-
Beans	(17)	94.1	-	17.6
Beets	(5)	80.0	-	20.0
Broccoli	(9)	88.9	11.1	-
Carrots	(11)	90.0	-	9.1
Cauliflower	(11)	90.9	-	9.1
Corn	(11)	81.8	-	18.2
Mushrooms	(1)	-	-	100.0
Peas	(8)	87.5	-	12.5
Peppers	(13)	38.5	15.4	61.5
Squash/pumpkin	(5)	40.0	60.0	-
Tomatoes	(22)	50.0	18.2	40.9
Zucchini	(3)	100.0	-	-
Total responses	131			
% of all responses		73.3	8.4	22.9

<sup>1</sup> Other vegetables mentioned: spinach, Swiss chard, Brussels sprouts, beet greens, onions, cabbage.

Table 37. Types of other foods frozen in all locations.<sup>1</sup>

Type of other food	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Meat	25.2	24.1	25.8	23.7	26.8	24.5	32.5	24.9	25.2
Fish	18.2	23.7	13.9	17.2	21.6	21.7	24.4	12.4	14.6
Poultry	22.5	23.0	23.6	20.6	22.7	23.9	30.0	22.7	20.4
Dairy	9.5	5.1	12.7	10.4	6.9	7.5	2.8	14.9	13.6
Eggs	0.6	1.3	0.5	0.7	0.4	0.4	0.3	0.4	0.9
Prepared foods	23.4	22.7	22.8	26.8	21.6	20.6	9.9	23.8	23.3
Other	0.5	0.3	0.8	0.6	0.1	1.3	-	0.9	1.9
Herbs	0.3	-	0.5	0.6	0.1	0.3	-	-	-
Total responses <sup>2</sup>	19246	2472	5102	5574	4309	717	283	686	103

<sup>1</sup> See Appendix III, Question 7.

<sup>2</sup> Respondents indicated that they froze more than one type of food.

Freezing of food other than fruits and vegetables was reported quite often (35.7% of all foods frozen). In order of frequency the other foods mentioned were meat (25.2%), prepared foods (23.4%), poultry (22.5%) and fish (18.2%).

Types of foods and methods used in canning: Of the home preservers surveyed, 2606 individuals were also home canners. The home canners gave a total of 8646 responses, or an average of three responses per individual, to the question about types of foods canned. More mentions were made of canning fruits (64.9%) than of vegetables (20.9%), fish (5.9%), meat (5.5%), poultry (2.5%) or other foods (0.2%).

The most common types of fruits canned were tomatoes, peaches and pears (Table 38), especially canned by the boiling water bath method (Table 39). Beans, carrots and beets were the vegetables most often mentioned (Table 48) and the boiling water bath method was the most typical method of canning vegetables (Table 49). Using the boiling water bath method to can meat, fish, and poultry was also typical of the home canners (Table 60).

Refer to tables 38 to 67 for details about the canning practices of the respondents in the eight locations.



Refer to tables 38 to 67 for details about the canning practices of the respondents in the eight locations.

Table 38. Types of fruits canned in all locations<sup>1</sup>.

Type of fruit	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Apples	4.0	4.7	2.7	5.0	3.7	4.8	7.2	2.3	3.2
Apricots	5.0	11.4	1.7	1.2	2.0	0.8	1.6	1.5	3.2
Cherries	8.3	14.4	7.0	1.8	2.9	8.4	1.6	6.8	6.5
Currants	0.6	0.6	0.9	0.1	0.2	0.8	3.2	0.4	3.2
Peaches	18.3	18.8	22.8	14.0	11.3	16.9	6.4	21.3	16.1
Pears	12.9	14.2	15.3	7.8	9.0	16.5	4.8	17.1	3.2
Plums	7.9	9.4	7.8	3.0	10.0	12.9	5.6	8.0	6.5
Raspberries	4.9	5.3	3.6	3.0	7.8	3.6	20.0	3.4	6.5
Rhubarb	3.0	2.8	2.3	1.8	4.7	3.2	18.4	2.3	9.7
Strawberries	6.4	5.2	7.1	7.1	5.9	9.6	8.0	4.9	12.9
Tomatoes	19.2	7.6	19.2	47.6	16.2	16.5	10.4	22.1	9.7
Other	8.8	5.5	9.8	7.5	26.6	6.0	13.6	-	-
Total responses <sup>2</sup>	5616	1949	1617	897	488	249	125	263	31

<sup>1</sup> See Appendix III, Question 6.

<sup>2</sup> Respondents indicated that they canned more than one type of fruit.

Tomatoes (19.2%) and peaches (18.3%) were the fruits mentioned most often by respondents. Also mentioned were pears (12.9%), cherries (8.3%), and plums (7.9%).

Respondents surveyed in Montreal mentioned tomatoes (47.6%) most often. Those interviewed in Toronto (22.8%) and at the C.N.E. (21.3%) reported canning of peaches more often than those interviewed in the other locations. Canning of cherries was most common to Vancouver respondents (14.4%).

Table 39. Method used to can fruits in all locations<sup>1</sup>.

Method of canning	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Boiling water									
bath	72.7	85.7	60.7	73.1	65.4	75.5	63.2	65.0	67.7
Pressure canner	7.9	10.2	4.7	7.1	11.9	8.0	14.4	30.0	6.5
Open kettle	17.1	4.0	32.7	10.0	21.5	17.3	24.8	30.8	25.8
Oven	3.8	1.8	4.4	9.7	1.8	1.2	0.8	2.7	-
Other	0.9	0.1	1.4	2.9	-	-	-	-	-
Pressure cooker	0.3	-	1.2	-	-	-	-	-	-
Steam canner	0.1	0.1	0.2	-	-	-	-	-	-
No processing	0.5	-	-	2.9	-	-	-	-	-
Total responses	5619	1949	1617	897	488	249	125	263	31

<sup>1</sup> See Appendix III, Question 6.

Respondents most often mentioned canning fruits by the boiling water bath method (72.7%). Those surveyed in Vancouver (85.7%), Nova Scotia (75.5%), and Montreal (73.1%) more often mentioned the boiling water bath process than those surveyed in the other locations.

The open kettle method for canning fruits was mentioned second (17.1%). Particularly those surveyed in Toronto (32.7%), C.N.E. (30.8%), Ottawa (25.8%), Newfoundland (24.8%) and St. John's (21.5%) mentioned the open kettle method.

Using a pressure canner to process fruit (7.9%) was more common with those surveyed in Newfoundland (14.4%), St. John's (11.9%) and Vancouver (10.2%) than with others surveyed. Oven canning (3.8%) was mentioned particularly by Montreal respondents (9.7%). Every location except Ottawa mentioned oven canning (3.8%).

Refer to Tables 40 to 47 which outline the method used to can each type of fruit in each of the eight locations.

Table 40. Types of fruits canned and methods used.

1. VANCOUVER					
Type of fruit <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open Kettle	Oven
Apples	(92)	85.9	12.0	2.2	3.3
Apricots	(223)	86.1	8.1	5.8	1.3
Cherries	(281)	88.3	7.8	3.6	1.4
Currants	(12)	83.3	8.3	-	8.3
Peaches	(367)	86.4	9.5	4.1	1.4
Pears	(276)	85.5	9.8	4.7	1.1
Plums	(183)	85.2	10.9	4.4	1.6
Raspberries	(104)	85.6	10.6	3.8	2.9
Rhubarb	(55)	81.8	16.4	1.8	1.8
Strawberries	(102)	84.3	13.7	2.0	2.9
Tomatoes	(148)	82.4	14.2	2.7	2.7
Other	(106)	5.4	5.0	6.5	5.7
Total responses	1843				
% of all responses		85.7	10.2	4.0	1.8

<sup>1</sup> Other fruits mentioned: applesauce, blueberries, blackberries.

Table 41. Types of fruits canned and methods used

2. TORONTO					
Type of fruit <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open Kettle	Oven
Apples	(44)	65.9	4.5	29.5	2.3
Apricots	(28)	67.9	7.1	21.4	3.6
Cherries	(113)	67.3	2.7	31.0	2.7
Currants	(14)	50.0	7.1	50.0	-
Peaches	(369)	62.1	4.3	31.4	4.9
Pears	(247)	62.3	4.9	29.6	5.3
Plums	(126)	59.5	8.7	27.8	6.3
Raspberries	(59)	49.2	3.4	42.4	8.5
Rhubarb	(37)	40.5	10.8	51.4	8.1
Strawberries	(114)	52.6	5.3	41.2	5.3
Tomatoes	(310)	62.6	3.2	31.9	2.9
Other	(156)	9.6	9.2	10.0	5.6
Total responses	1617				
% of all responses		60.7	4.7	32.7	4.4

<sup>1</sup> Other fruits mentioned: applesauce, crabapples, blueberries.



Table 42. Types of fruits canned and methods used

3. MONTREAL					
Type of fruit <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open Kettle	Oven
Apples	(45)	51.1	8.9	13.3	26.7
Apricots	(11)	63.6	18.2	18.2	-
Cherries	(16)	75.0	18.8	-	6.3
Currants	(1)	-	-	-	100.0
Peaches	(126)	73.0	8.7	7.1	11.1
Pears	(70)	72.9	8.6	10.0	8.6
Plums	(27)	66.7	18.5	11.1	3.7
Raspberries	(27)	66.7	14.8	7.4	11.1
Rhubarb	(16)	37.5	6.3	25.0	31.3
Strawberries	(64)	64.1	10.9	14.1	10.9
Tomatoes	(427)	78.9	4.4	8.9	7.7
Other	(67)	7.7	3.1	11.1	4.6
Total responses	897				
% of all responses		73.1	7.1	10.0	9.7

<sup>1</sup> Other fruits mentioned: blueberries, mixed fruit, mulberries.

Table 43. Types of fruits canned and methods used

4. ST. JOHN'S					
Type of fruit <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	Pressure canner (%)	Open Kettle	Oven
Apples	(18)	38.9	27.8	27.8	5.6
Apricots	(10)	70.0	30.0	-	-
Cherries	(14)	78.6	14.3	7.1	-
Currants	(1)	-	-	100.0	-
Peaches	(55)	67.3	12.7	18.2	3.6
Pears	(44)	59.1	11.4	27.3	2.3
Plums	(49)	75.5	14.3	8.2	2.0
Raspberries	(38)	50.0	10.5	39.5	-
Rhubarb	(23)	65.2	13.0	17.4	4.3
Strawberries	(29)	69.0	20.7	10.3	2.5
Tomatoes	(79)	77.2	12.7	7.6	2.5
Other:	(128)	24.8	10.3	41.9	11.1
Total responses	488				
% of all responses		65.4	11.9	21.5	1.8

<sup>1</sup> Other fruits mentioned: applesauce, bakeapples, blueberries.

Table 44. Types of fruits canned and methods used

5. NOVA SCOTIA					
Type of fruit <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open Kettle	Oven
Apples	(12)	58.3	25.0	16.7	-
Apricots	(2)	100.0	-	-	-
Cherries	(21)	76.2	9.5	19.0	-
Currants	(2)	50.0	0.0	50.0	-
Peaches	(42)	83.3	4.8	11.9	2.4
Pears	(41)	80.5	7.3	14.6	-
Plums	(32)	78.1	9.4	12.5	3.1
Raspberries	(9)	55.6	11.1	33.3	-
Rhubarb	(8)	62.5	12.5	25.0	-
Strawberries	(24)	70.8	8.3	20.8	-
Tomatoes	(41)	73.2	7.3	19.5	2.4
Other	(15)	6.4	-	6.9	-
Total responses	249				
% of all responses		75.5	8.0	17.3	1.2

<sup>1</sup> Other fruits mentioned: blueberries.

Table 45. Types of fruits canned and methods used

6. NEWFOUNDLAND					
Type of fruit <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open Kettle	Oven
Apples	(9)	77.8	22.2	11.1	-
Apricots	(2)	100.0	-	-	-
Cherries	(2)	50.0	-	50.0	-
Currants	(4)	50.0	25.0	25.0	-
Peaches	(8)	62.5	12.5	25.0	-
Pears	(6)	66.7	33.3	-	-
Plums	(7)	57.1	14.3	28.6	-
Raspberries	(25)	72.0	8.0	20.0	-
Rhubarb	(23)	60.9	8.7	30.4	4.3
Strawberries	(10)	50.0	20.0	30.0	-
Tomatoes	(13)	76.9	30.8	-	-
Other	(16)	8.9	5.6	29.0	-
Total responses	125				
% of all responses		63.2	14.4	24.8	0.8

<sup>1</sup> Other fruits mentioned: blueberries, partridgeberries.



Table 46. Types of fruits canned and methods used

7. C.N.E.					
Type of fruit	Responses	Method of canning			
		( $\%$ )			
		Boiling water bath	Pressure canner	Open Kettle	Oven
Apples	(6)	100.0	-	-	-
Apricots	(4)	50.0	25.0	25.0	-
Cherries	(18)	66.7	11.1	22.2	-
Currants	(1)	-	-	100.0	-
Peaches	(56)	71.4	1.8	25.0	3.6
Pears	(45)	62.2	2.2	37.8	2.2
Plums	(21)	66.7	-	33.3	-
Raspberries	(9)	66.7	11.1	11.1	11.1
Rhubarb	(6)	66.7	-	33.3	-
Strawberries	(13)	76.9	15.4	7.7	-
Tomatoes	(58)	58.6	-	37.9	5.2
Total responses	263				
% of all responses		65.0	3.0	30.8	2.7

Table 47. Types of fruits canned and methods used

8. OTTAWA					
Type of fruit	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open Kettle	Oven
Apples	(1)	100.0	-	-	-
Apricots	(1)	100.0	-	-	-
Cherries	(2)	100.0	-	-	-
Currants	(1)	100.0	-	-	-
Peaches	(5)	80.0	-	20.0	-
Pears	(1)	100.0	-	-	-
Plums	(2)	50.0	50.0	-	-
Raspberries	(2)	50.0	-	50.0	-
Rhubarb	(3)	66.7	-	33.3	-
Strawberries	(4)	50.0	25.0	25.0	-
Tomatoes	(3)	66.7	-	33.3	-
Other	(6)	-	-	-	-
Total responses	31				
% of all responses		67.7	6.5	25.8	-

Table 48. Types of vegetables canned in all locations<sup>1</sup>

Type of vegetables	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
					(%)				
Asparagus	1.9	4.2	2.5	1.1	1.2	1.8	1.0	-	-
Beans	25.9	28.4	25.5	32.4	7.6	27.6	11.2	50.0	33.3
Beets	15.4	14.8	17.4	10.6	22.4	20.2	23.5	25.0	33.3
Broccoli	2.6	4.0	1.9	1.6	2.8	1.8	6.1	-	-
Carrots	19.2	13.3	11.8	21.8	16.4	15.3	25.5	-	-
Cauliflower	3.5	4.2	4.3	4.1	2.4	0.6	3.1	-	-
Corn	7.9	9.4	4.3	10.4	3.2	8.0	1.0	-	-
Mushrooms	1.2	1.5	3.1	0.7	0.8	1.8	-	-	-
Peas	8.4	9.4	8.7	5.6	8.4	15.3	11.2	25.0	33.3
Potatoes	1.4	2.0	1.2	1.0	0.4	1.2	5.1	-	-
Squash/pumpkin	2.4	2.2	4.3	1.2	3.6	3.7	3.1	-	-
Total responses	1812	405	161	728	250	163	98	4	3

<sup>1</sup> See Appendix III, Question 6.

Beans (25.9%) was the vegetable mentioned most often as having been canned within the past year. Other vegetables mentioned included carrots (19.2%), beets (15.4%), peas (8.4%) and corn (7.9%).

Respondents in all locations except St. John's mentioned canning beans more often than canning other vegetables. Those interviewed in St. John's mentioned canning carrots (26.4%) more often than canning other vegetables.

Table 49. Methods used to can vegetables in all locations<sup>1</sup>

Method of canning	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
						(%)			
Boiling water									
bath	66.4	47.9	67.1	75.0	78.0	58.9	62.2	100.0	-
Pressure canner	22.8	49.1	11.2	10.0	15.6	31.3	31.6	-	66.7
Open kettle	7.2	3.0	25.5	5.6	5.2	9.8	7.1	-	33.3
Oven	4.2	0.7	1.2	9.3	1.2	-	-	-	-
Total responses	1812	405	161	728	250	163	98	4	3

<sup>1</sup> See Appendix III, Question 6.

Most respondents who had canned vegetables reported that they had used a boiling water bath (66.4%). Considerably fewer people said they had canned vegetables in a pressure canner (22.8%). The open kettle method (7.2%) and oven method (4.2%) of canning vegetables was mentioned less frequently than the other two methods.

Particularly those people interviewed in St. John's (78.0%) and Montreal (75.0%) reported canning vegetables in a boiling water bath. Pressure canning vegetables was most often reported by those interviewed in Vancouver (49.1%), Newfoundland (31.6%) and Nova Scotia (31.3%).

A considerable number of respondents in Toronto mentioned canning by the open kettle method (25.5%). As well, oven canning of vegetables was reported, particularly by those interviewed in Montreal (9.3%).

Refer to the types of vegetables canned and method used in each location in Tables 50 to 57 which follow.

Table 50. Types of vegetables canned and methods used.

1. VANCOUVER					
Type of vegetable <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Asparagus	(17)	41.2	58.8	-	-
Beans	(115)	48.7	45.2	6.1	0.9
Beets	(60)	50.0	45.0	5.0	1.7
Broccoli	(16)	31.3	68.8	-	-
Carrots	(54)	44.4	51.9	3.7	-
Cauliflower	(17)	41.2	58.8	-	-
Corn	(38)	34.2	65.8	-	-
Mushrooms	(6)	67.7	33.3	-	16.7
Peas	(38)	52.6	47.4	-	-
Potatoes	(8)	50.0	50.0	-	-
Squash/pumpkin	(9)	44.4	55.6	-	-
Other	(27)	74.1	25.9	-	-
Total responses	405				
% of all responses		47.9	49.1	3.0	0.7

<sup>1</sup> Other vegetables mentioned: antipasto, green pepper.



Table 51. Types of vegetables canned and methods used

2. TORONTO					
Type of vegetable <sup>1</sup>	Responses	Method of Canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Asparagus	(4)	50.0	25.0	25.0	-
Beans	(41)	65.9	14.6	19.5	2.4
Beets	(28)	71.4	10.7	25.0	-
Broccoli	(3)	66.7	33.3	33.3	-
Carrots	(19)	78.9	10.5	10.5	-
Cauliflower	(7)	71.4	14.3	28.6	-
Corn	(7)	42.9	14.3	28.6	14.3
Mushrooms	(5)	80.0	0.0	40.0	-
Peas	(14)	64.3	14.3	28.6	-
Potatoes	(2)	50.0	-	50.0	-
Squash/pumpkin	(7)	71.4	-	42.9	-
Other	(24)	62.5	4.2	33.3	-
Total responses	161				
% of all responses		67.1	11.2	25.5	1.2

<sup>1</sup> Other vegetables mentioned: green pepper, mixed vegetable, eggplant.

Table 52. Types of vegetables canned and methods used

3. MONTREAL					
Type of vegetable <sup>1</sup>	Responses	Method of canning			
		(%)			
		Boiling water bath	Pressure canner	Open kettle	Oven
Asparagus	(8)	100.0			
Beans	(236)	76.3	9.3	6.4	8.1
Beets	(77)	72.7	13.0	6.5	7.8
Broccoli	(12)	58.3	0.0	8.3	33.3
Carrots	(159)	78.0	8.8	4.4	8.8
Cauliflower	(30)	70.0	13.3	6.7	10.0
Corn	(76)	82.9	11.8	2.6	2.6
Mushrooms	(5)	60.0	20.0	20.0	
Peas	(41)	73.2	12.2	4.9	9.8
Potatoes	(7)	85.7	-	-	14.3
Squash/pumpkin	(9)	44.4	11.1	11.1	33.3
Other	(68)	64.7	10.3	7.4	17.6
Total responses	728				
% of all responses		75.0	10.0	5.6	9.3

<sup>1</sup> Other vegetables mentioned: green pepper, mixed vegetable, turnip.

Table 53. Types of vegetables canned and methods used

4. ST. JOHN'S					
Type of vegetable <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	Pressure canner (%)	Open kettle	Oven
Asparagus	(3)	33.3	66.7	-	-
Beans	(19)	73.7	15.8	5.3	5.3
Beets	(56)	75.0	16.1	5.4	3.6
Broccoli	(7)	42.9	57.1	-	-
Carrots	(66)	86.4	10.6	3.0	-
Cauliflower	(6)	66.7	33.3	-	-
Corn	(8)	62.5	37.5	-	-
Mushrooms	(2)	50.0	50.0	-	-
Peas	(21)	81.0	9.5	9.5	-
Potatoes	(1)	100.0	-	-	-
Squash/pumpkin	(9)	77.8	22.2	-	-
Other	(49)	82.7	7.7	9.6	-
Total responses	250				
% of all responses		78.0	15.6	5.2	1.2

<sup>1</sup> Other vegetables mentioned: dandelion, cabbage, turnip greens.

Table 54. Types of vegetables canned and methods used

5. NOVA SCOTIA					
Type of vegetable <sup>1</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Asparagus	(3)	33.3	66.7	-	-
Beans	(45)	62.2	28.9	8.9	-
Beets	(33)	57.6	24.2	18.2	-
Broccoli	(3)	33.3	66.7	-	-
Carrots	(25)	56.0	36.0	8.0	-
Cauliflower	(1)	100.0	-	-	-
Corn	(13)	61.5	30.8	7.7	-
Mushrooms	(3)	66.7	33.3	-	-
Peas	(25)	64.0	28.0	8.0	-
Potatoes	(2)	100.0	-	-	-
Squash/pumpkin	(6)	33.3	66.7	-	-
Other	(4)	50.0	25.0	25.0	-
Total responses	163				
% of all responses		58.9	31.3	9.8	

<sup>1</sup> Other vegetables mentioned: green peper.

Table 55. Types of vegetables canned and methods used

6. NEWFOUNDLAND					
Type of vegetable <sup>1</sup>	Responses	Method of Canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Asparagus	(1)	100.0	-	-	-
Beans	(11)	54.5	45.5	-	-
Beets	(23)	65.2	21.7	13.0	-
Broccoli	(6)	66.7	33.0	-	-
Carrots	(25)	72.0	24.0	4.0	-
Cauliflower	(3)	66.7	33.3	-	-
Corn	(1)	-	100.0	-	-
Peas	(11)	54.5	36.4	9.1	-
Potatoes	(5)	60.0	20.0	20.0	-
Squash/pumpkin	(3)	33.3	66.7	33.3	-
Other	(9)	55.6	44.4	-	-
Total responses	98				
% of all responses		62.2	31.6	7.1	-

<sup>1</sup> Other vegetables mentioned: spinach, Swiss chard, turnip greens.



Table 56. Types of vegetables canned and methods used

7. C.N.E.					
Type of vegetable	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Beans	(2)	100.0	-	-	-
Beets	(2)	100.0	-	-	-
Peas	(1)	100.0	-	-	-
Total responses	4		-	-	-
% of all responses		100.0	-	-	-

Table 57. Types of vegetables canned and methods used

8. OTTAWA					
Type of vegetable	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Beans	(1)	-	100.0	-	-
Beets	(1)	-	-	100.0	-
Peas	(1)	-	100.0	-	-
Total responses	3				
% of all responses		-	66.7	33.3	-

Table 58. Comparison of survey results with other research on methods used to can fruits and vegetables

Canning method	Food Advisory Survey	<u>Other sources of data</u>	
		U.S. <sup>1</sup> (%)	Manitoba <sup>2</sup>
Fruits			
Boiling water bath	72.7	53	-
Open kettle	17.1	44	-
Pressure canner	7.9	16	-
Other	4.7	-	-
Vegetables			
Boiling water bath	66.4	40	61.8
Open kettle	7.2	14	9.6
Pressure canner	22.8	47	19.3
Other	4.2	-	8.6
Total responses	7431	1346	301

<sup>1</sup> Davis and Page (1979)

<sup>2</sup> McDaniel et al. (1977)

More respondents in this survey reported canning fruits in a boiling water bath (72.7%) and fewer reported canning by the open kettle method (17.1%) than was the case for U.S. home canners reported by Davis and Page (1979).

Methods used to can vegetables in this study were very consistent with those reported by McDaniel et al. (1977) for Manitoba home canners.

A greater percentage of the U.S. home canners sampled had canned in the pressure canner (47%), as reported by Davis and Page (1979), than was the case in this study (22.8%).

Table 59. Types of other foods canned in all locations<sup>1</sup>

Type of other food	All locations	Location							
		Van	Tor	Mon	St.J (%)	NS	Nfld	CNE	Ott
Meat	36.7	8.2	4.2	28.1	43.3	21.1	45.9	-	-
Fish	39.1	77.6	5.6	11.3	37.9	42.1	33.6	-	-
Poultry	16.5	8.8	1.4	14.1	18.6	21.1	19.2	-	-
Tomato juice	3.9	2.7	20.9	45.1	0.5	-	-	-	-
Tomato sauce	2.7	2.0	43.0	1.4	-	-	-	-	100.0
Spaghetti sauce	1.1	0.7	13.9	-	0.5	15.8	0.7	100.0	-
Total responses	1314	147	72	71	857	19	146	1	1

<sup>1</sup> See Appendix III, Question 6.

Slightly more mentions were made of having canned fish (39.1%) than meat (36.7%). Poultry (16.5%) was least often mentioned of the three types. Of the other mentions tomato juice (3.9%), tomato sauce (2.7%) and spaghetti sauce (1.1%) were reported.

Table 60. Methods of canning meat, fish and poultry by locations

Canning method	All locations	Location					
		Van	Tor	Mon	St.J	NS	Nfld
Meat							
Boiling water bath	388	6	2	11	319	1	49
Pressure canner	86	7	2	1	52	2	22
Open kettle	7	-	-	2	4	1	-
Oven	10	-	-	6	-	-	4
Total responses	491	13	4	20	375	4	75
Fish							
Boiling water bath	349	27	3	5	276	3	35
Pressure canner	156	87	2	1	46	5	15
Open kettle	10	-	-	1	4	-	5
Oven	15	2	-	1	-	-	2
Total responses	520	116	5	8	326	8	57
Poultry							
Boiling water bath	171	7	1	7	134	2	20
Pressure canner	44	7	-	-	27	2	8
Open kettle	2	-	-	1	1	-	-
Oven	2	-	-	2	-	-	-
Total responses	219	14	1	10	162	4	28

Canning meat, fish and poultry using the boiling water bath method was reported by respondents most often. The pressure canner was used considerably less often. A few home canners of meat, fish and poultry reported using the open kettle or oven method.



For types of other foods canned and methods used in each location refer to tables 62 to 67.

Table 61. Comparison of survey results for methods of canning meat, poultry and fish to other research data

Canning Method	Food Advisory survey	Manitoba <sup>1</sup> (%)
Meat		
Boiling water bath	79.9	56.5
Open kettle	1.1	8.7
Pressure canner	17.9	34.8
Oven	1.0	-
Poultry		
Boiling water bath	83.8	60.0
Open kettle	1.3	-
Pressure canner	14.3	23.8
Oven	0.6	8.8
Fish		
Boiling water bath	74.5	61.8
Open kettle	0.5	2.9
Pressure canner	24.5	23.5
Oven	0.5	-
Total responses	1213	142

<sup>1</sup> McDaniel et al. (1977).

Home canners of meat and poultry in the Manitoba sample tended to use the pressure canner (34.8% and 23.8% respectively) slightly more often than the respondents in this study. However, in both cases the boiling water bath method was most often reported as the method used to can meat, fish and poultry.

Table 62. Types of other foods canned and methods used<sup>1</sup>

1. VANCOUVER					
Type of other food <sup>2</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Meat	(13)	50.0	58.3	-	-
Fish	(116)	23.7	76.3	-	1.8
Poultry	(14)	53.8	53.8	-	-
Total responses	147				
% of all responses		32.0	69.4	-	1.4

<sup>1</sup> Not all percentages sum to 100 because some respondents use more than one method.

<sup>2</sup> Other foods mentioned: spaghetti sauce, tomato juice, tomato sauce.

Table 63. Types of other foods canned and methods used<sup>1</sup>

2. TORONTO					
Type of other food <sup>2</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Meat	(4)	66.7	66.7	-	-
Fish	(5)	75.0	50.0	-	-
Poultry	(1)	100.0	-	-	-
Total responses	10				
% of all responses		75.0	50.0	-	-

<sup>1</sup> Not all percentages sum to 100 because some respondents use more than one method.

<sup>2</sup> Other foods mentioned: spaghetti sauce, tomato juice, tomato sauce.

Table 64. Types of other foods canned and methods used<sup>1</sup>

3. MONTREAL					
Type of other food <sup>2</sup>	Responses	Method of canning			
			(%)		
		Boiling water bath	Pressure canner	Open kettle	Oven
Meat	(20)	55.0	5.0	10.0	30.0
Fish	(8)	62.5	12.5	12.5	12.5
Poultry	(10)	70.0	-	10.0	20.0
Total responses	38				
% of all responses		60.0	5.0	12.5	22.5

<sup>1</sup> Not all percentages sum to 100 because some respondents use more than one method.

<sup>2</sup> Other foods mentioned: spaghetti sauce, tomato juice, tomato sauce.

Table 65. Types of other foods canned and methods used

4. ST. JOHN'S					
Type of other food <sup>1</sup>	Responses <sup>2</sup>	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Meat					
Moose	(267)	83.9	14.9	1.1	-
Rabbit	(330)	84.8	14.2	0.9	-
Seal	(170)	81.2	21.7	1.8	-
Beef	(32)	84.4	15.6	-	-
Pork	(9)	88.9	11.1	-	-
Fish					
Salmon	(317)	86.2	13.2	0.6	-
Cod	(61)	79.0	19.4	1.6	-
Lobster	(59)	69.5	28.8	1.7	-
Herring	(31)	70.9	22.6	3.2	-
Trout	(45)	84.4	13.3	2.2	-
Tongues	(34)	76.5	17.6	5.9	-
Caplin	(13)	76.9	23.1	-	-
Poultry					
Turkey	(10)	70.0	30.0	-	-
Chicken	(88)	77.3	22.7	-	-
Partridge	(46)	71.7	28.3	-	-
Murre (Tur)	(84)	84.5	13.1	2.4	-
Duck	(21)	85.7	14.3	-	-
Total responses	865				
% of all responses		82.3	16.4	1.2	-

<sup>1</sup> Other foods mentioned: mussels, squid, caribou, crab, mackerel.

<sup>2</sup> Respondents mentioned that they canned more than one type of food.



Table 66. Types of other foods canned and methods used<sup>1</sup>

5. NOVA SCOTIA					
Type of other food <sup>2</sup>	Responses	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Meat	(4)	25.0	50.0	25.0	-
Fish	(8)	37.5	62.5	-	-
Poultry	(4)	50.0	50.0	-	-
Total responses	16				
% of all responses		31.6	63.2	5.3	-

<sup>1</sup> Not all percentages sum to 100 because some respondents use more than one method.

<sup>2</sup> Other foods mentioned: spaghetti sauce.

Table 67. Types of other foods canned and method used

6. NEWFOUNDLAND					
Type of food canned <sup>1</sup>	Responses <sup>2</sup>	Method of canning			
		Boiling water bath	(%) Pressure canner	Open kettle	Oven
Meat					
Moose	(42)	71.4	28.6	-	-
Rabbit	(43)	75.0	25.0	-	-
Seal	(30)	66.7	33.3	-	-
Beef	(20)	60.0	40.0	-	-
Pork	(4)	50.0	50.0	-	-
Fish					
Salmon	(36)	75.0	19.4	2.8	2.8
Cod	(14)	86.7	13.3	-	-
Lobster	(13)	61.5	30.8	7.7	-
Herring	(6)	83.3	16.7	-	-
Trout	(6)	90.9	9.1	-	-
Tongues	(6)	83.3	-	16.7	-
Caplin	(2)	100.0	-	-	-
Poultry					
Chicken	(22)	72.7	27.3	-	-
Partridge	(6)	100.0	-	-	-
Murre (Tur)	(24)	75.0	25.0	-	-
Duck	(7)	85.7	14.3	-	-
Total responses	146				
% of all responses		73.9	24.7	1.0	0.3

<sup>1</sup> Other foods mentioned: shrimp, crab, mussels, squid, lamb.

<sup>2</sup> Some respondents mentioned that they canned more than one type of food.

Type of pickling done: Of the 4918 home picklers surveyed, a total of 19 979 mentions were made of the types of pickle products made last year. Pickles (60.7%) were most often mentioned, particularly beet, dill and bread and butter pickles (Table 68).

Sauces (22.0%) were mentioned second in frequency, especially tomato catsup, chili sauce and chow chow (Table 70). Cucumber and corn relishes were the most typical types of relishes mentioned (13.1%) (Table 69). Chutney was the least often mentioned pickle product (4.2%). Within this category rhubarb, green tomato and apple chutneys were most popular (Table 71).

Tables 68 through 72 details the type of pickling reported.

Table 68. Types of pickles made in all locations<sup>1</sup>

Type of pickles	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
		(%)							
Cherries	0.2	0.1	0.4	0.1	-	-	-	-	-
Crabapples	0.5	0.7	0.7	0.1	0.5	0.9	0.9	-	-
Peaches	0.2	0.3	0.4	0.1	0.1	0.3	-	-	-
Pears	0.2	0.2	0.4	0.1	0.1	0.1	-	0.3	-
Beets	21.7	13.2	17.2	27.7	24.2	17.9	25.5	18.3	13.8
Cauliflower	2.2	2.1	1.8	2.5	2.6	1.8	2.7	1.5	1.5
Green tomato	4.9	5.0	3.3	1.6	10.0	5.2	14.1	3.0	3.1
Onion	5.3	5.9	4.7	6.0	6.0	1.8	7.7	2.4	6.2
Zucchini	0.9	2.1	1.1	0.4	0.3	0.8	2.3	1.8	3.1
Bread & butter	12.3	13.9	13.6	14.7	5.4	18.6	10.5	14.4	16.9
Dill	13.9	23.9	19.2	14.5	3.1	11.3	3.2	22.2	24.6
Mixed	3.8	5.8	3.7	1.9	4.4	7.1	6.8	3.6	-
Mustard	6.5	8.5	5.9	1.7	9.0	16.4	13.2	6.6	7.7
Sweet	7.8	6.7	9.3	12.0	1.5	8.0	1.8	9.3	6.2
Other:	19.6	11.6	18.3	16.5	32.7	9.0	11.4	16.8	16.9
Rhubarb	1.3	0.1	0.1	-	5.4	-	0.5	-	-
Green pepper	0.9	0.1	2.8	0.7	0.1	-	-	-	1.5
Cabbage	1.5	0.1	0.3	0.1	5.8	-	0.5	-	-
Beans	0.9	1.2	1.8	0.7	0.1	1.1	0.5	-	1.5
Red tomato	0.6	0.1	0.2	0.3	1.9	0.1	-	-	-
Carrot	0.4	1.2	0.4	0.3	0.2	0.1	0.5	-	-
Pumpkin	0.3	0.1	0.1	-	1.1	-	0.5	-	-
Watermelon rind	0.2	0.1	0.3	0.1	0.1	0.3	-	-	-
Total responses	12136	1350	2926	3638	2816	787	220	334	65

<sup>1</sup> See Appendix III, Question 8.

Of those who reported having made pickles, the most common type made was beet pickles (21.7%). Other types mentioned were dill (13.9%), bread and butter (12.3%), sweet (7.8%), mustard (6.5%), onions (5.3%) and green tomato (4.9%).

Table 69. Types of relish made in all locations<sup>1</sup>

Type of relish	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
					(%)				
Beet	3.6	5.7	3.5	1.5	3.1	4.4	11.7	3.7	11.1
Corn	11.3	10.3	15.3	9.1	6.3	16.5	8.3	13.8	11.1
Cucumber	34.8	28.7	40.8	52.0	9.9	52.9	10.0	38.5	22.2
Onion	3.4	3.8	1.0	2.1	6.8	5.3	10.0	-	5.6
Pepper	4.3	3.5	4.3	9.3	1.4	1.9	-	4.6	-
Other:	42.6	47.9	34.9	25.9	72.5	18.9	60.0	39.5	50.0
Red tomato	4.1	3.8	3.8	5.7	4.3	2.9	1.7	-	22.2
Rhubarb	3.4	0.3	0.3	-	13.6	0.5	13.3	-	-
Green tomato	3.3	6.8	6.0	1.5	0.5	1.9	-	-	-
Mixed	1.5	1.6	3.3	0.8	-	1.9	-	-	-
Mustard	0.9	1.2	1.8	-	1.1	0.5	-	-	-
Zucchini	0.8	3.3	0.4	0.4	0.2	1.5	-	-	-
Total responses	2609	369	763	527	557	206	60	109	18

<sup>1</sup> See Appendix III, Question 8

Of those respondents who reported making relish, the most common type mentioned was cucumber (34.8%). Also mentioned were corn relish (11.3%), pepper (4.3%), red tomato (4.1%), beet (3.6%), onion (3.4%), rhubarb (3.4%) and green tomato (3.3%).



Respondents interviewed in Halifax (52.9%) and Montreal (52.0%) mentioned making cucumber relish more often than those interviewed in the other locations.

Table 70. Types of sauce made in all locations<sup>1</sup>

Type of sauce	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
						(%)			
Chili	18.9	37.6	79.1	2.1	16.6	17.2	36.8	73.7	66.7
Chow chow	11.0	29.6	9.8	4.8	37.2	71.4	52.6	13.1	-
Other	70.0	32.8	11.1	93.1	46.2	11.5	10.5	13.1	33.3
Tomato catsup	33.4	4.8	2.9	47.7	-	1.6	-	-	13.3
Barbecue sauce	0.4	0.8	1.1	0.2	-	-	-	-	-
Total responses	4396	125	713	3034	199	192	19	99	15

<sup>1</sup> See Appendix III, Question 8.

Tomato catsup (33.4%) was the most common type reported by respondents who made sauce within the past year, especially in Montreal where those interviewed reported making tomato catsup (47.7%).

Chili sauce was also mentioned (18.9%), especially by those interviewed in Toronto (79.1%), Ottawa (66.7%), and at the C.N.E. (73.7%).

Chow chow (11.0%) was most often reported by those interviewed in Nova Scotia (71.4%) and Newfoundland (52.6%).

Table 71. Types of chutney made in all locations<sup>1</sup>

Type of chutney	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
					(%)				
Apple	12.5	12.0	13.3	11.7	13.0	18.8	12.5	3.6	20.0
Peach	8.7	12.0	10.2	18.1	0.4	12.5	2.5	10.7	40.0
Pear	3.6	4.0	6.4	1.3	-	-	-	-	-
Rhubarb	28.3	14.0	11.1	7.4	65.2	6.1	60.0	7.1	-
Green tomato	20.5	21.5	23.6	24.5	10.4	43.8	25.0	35.7	40.0
Other:	26.4	34.5	37.8	31.9	9.6	18.8	-	42.9	-
Tomato	2.4	2.0	6.2	-	0.9	-	-	-	-
Mango	1.4	1.5	4.0	-	-	-	-	-	-
Mixed	2.4	-	4.9	9.6	-	-	-	-	-
Total responses	838	200	225	94	230	16	40	28	5

<sup>1</sup> See Appendix III, Question 8.

Rhubarb chutney (28.3%) was the most common type reported by those who had made chutney. Respondents interviewed in St. John's (65.2%) and Newfoundland (60.0%) most often reported making rhubarb chutney.

Other chutneys mentioned included green tomato (20.5%), apple (12.5%), peach (8.7%) and pear (3.6%).

Type of fruit and kinds of jams and jellies prepared: Jam (78.4%), particularly strawberry, was the most typical product mentioned by the 6202 jam makers interviewed. Jelly, with apple being the most popular, was not mentioned as often (only 14.1%). Very few said that they had made freezer jam (7.8%), marmalade (4.5%), preserves (1.1%) or conserves (0.9%) (Table 72). Refer to Tables 72 to 80 for details concerning the jam and jelly practices reported.

Table 72. Types of jams and jellies made in all locations<sup>1</sup>

Type of product	Total	Location							
	All locations	Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
					(%)				
Jam	78.4	65.6	71.5	84.2	87.6	62.0	82.3	71.6	76.2
Freezer jam	7.8	21.7	12.5	2.0	1.2	11.7	4.4	18.1	4.1
Jelly	14.1	21.5	14.6	11.8	10.2	25.5	14.9	12.6	10.7
Marmalade	4.5	5.3	5.1	2.7	4.9	4.1	5.0	5.8	9.8
Conserve	0.9	0.6	1.2	1.4	0.1	1.6	1.3	1.1	1.6
Preserve	1.1	0.8	1.4	0.6	0.6	4.9	2.2	1.3	0.8
Total responses	19568	2792	4165	4953	5625	899	543	469	122

<sup>1</sup> See Appendix III, Question 9.

Of those who reported making jams and jellies, the most common type mentioned was jam (78.4%). Jelly (14.1%) was mentioned less often, but more often by those interviewed in Nova Scotia (25.5%) and Vancouver (21.5%) than those interviewed in the other locations.

Making freezer jam (7.8%) was mentioned particularly by respondents in Vancouver (21.7%), at the C.N.E. (18.1%), Toronto (12.5%) and Nova Scotia (11.7%).

Making marmalade (4.5%) was reported more often than preserves (1.1%) or conserves (0.9%).

Referring to Tables 73 to 80, strawberry jam appeared to be the most common type made in all locations except St. John's and Newfoundland. Partridgeberry and blueberry jam were more often mentioned in those locations.

Raspberry and peach jams were also mentioned by respondents interviewed in all locations as well as blueberry jam and apple jelly.

Table 73. Kinds of fruits and types of products made<sup>1</sup>

1. VANCOUVER							
Kind of fruit <sup>2</sup>	Responses	Type of product made					
		(%)					
		Jam	Freezer jam	Jelly	Marmalade	Conserve	Preserve
Apple	(97)	14.4	-	88.7	-	1.0	1.0
Apricot	(168)	87.5	14.3	2.4	2.4	1.8	1.8
Bakeapple	(6)	100.0	16.7	-	-	-	-
Blueberry	(121)	84.3	13.2	16.5	-	-	-
Chokecherry	(19)	31.6	5.3	73.7	-	-	-
Crabapple	(58)	12.1	3.4	93.1	-	-	-
Cranberry	(17)	52.9	5.9	41.2	-	-	-
Grape	(118)	10.2	0.8	90.7	-	-	-
Loganberry	(15)	60.0	20.0	33.3	-	-	-
Orange	(87)	2.3	1.1	-	98.9	1.1	-
Partridge- berry	(10)	60.0	-	10.0	-	0.0	20.0
Peach	(181)	77.9	25.4	6.6	1.7	2.8	1.1
Pear	(57)	71.9	14.0	1.8	17.5	3.5	5.3
Pincherry	(6)	50.0	16.7	50.0	-	-	-
Raspberry	(523)	73.8	33.1	15.1	0.2	-	0.4
Rhubarb	(83)	89.2	4.8	7.2	4.8	2.4	1.2
Saskatoon	(19)	57.9	26.3	21.1	-	-	-
Strawberry	(661)	76.7	38.6	3.0	-	0.2	0.6
Other:	(546)	63.7	11.9	32.4	7.5	0.4	0.7
Total responses 2792							
% of all							
responses		65.6	21.7	21.5	5.3	0.6	0.8

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruits mentioned: blackberry, plum, cherry, black currant, red currant, gooseberry.



Table 74. Kinds of fruits and types of products made<sup>1</sup>

2. TORONTO							
Kind of fruit <sup>2</sup>	Responses	Type of product made (%)					
		Freezer Jam	Freezer jam	Jelly	Marmalade	Conserve	Preserve
Apple	(118)	10.2	1.7	88.1	-	-	1.7
Apricot	(69)	98.6	-	1.4	-	-	1.4
Blueberry	(95)	88.4	8.4	4.2	-	-	2.1
Chokecherry	(34)	55.9	-	50.0	-	-	-
Crabapple	(105)	9.5	-	94.3	-	-	1.0
Cranberry	(19)	47.4	-	63.2	-	-	-
Grape	(222)	31.1	0.9	78.4	-	-	0.5
Loganberry	(4)	75.0	25.0	25.0	-	-	-
Orange	(106)	1.9	-	2.8	97.2	-	-
Partridgeberry	(5)	100.0	-	-	-	-	-
Peach	(477)	81.3	10.5	1.5	3.8	6.7	3.1
Pear	(59)	76.3	3.4	3.4	6.8	6.8	8.5
Raspberry	(568)	85.6	16.2	3.5	-	-	0.9
Rhubarb	(172)	89.5	7.6	1.7	1.2	1.7	2.9
Saskatoon	(12)	75.0	8.3	16.7	-	-	-
Strawberry	(1206)	80.2	27.0	1.2	-	-	0.5
Other:	(892)	72.2	2.8	16.4	9.5	1.0	1.8
Total responses	4165						
% of all responses		71.5	12.5	14.6	5.1	1.2	1.4

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruits mentioned: black currant, plum, cherry, red currant, rhubarb/strawberry.

Table 75. Kinds of fruits and types of products made<sup>1</sup>

3. MONTREAL							
Kind of fruit <sup>2</sup>	Responses	Type of product made (%)					
		Jam	Freezer jam	Jelly	Marmalade	Conserve	Preserve
Apple	(408)	25.0	1.7	71.6	0.7	9.8	0.5
Apricot	(33)	97.0	-	-	-	-	3.0
Bakeapple	(3)	66.7	-	-	-	33.3	-
Blueberry	(236)	94.1	3.0	3.4	-	0.4	-
Chokecherry	(13)	61.5	7.7	30.8	7.7	7.7	-
Crabapple	(53)	26.4	-	73.6	-	1.9	3.8
Cranberry	(28)	35.7	-	57.1	-	7.1	-
Grape	(104)	14.4	-	85.6	-	1.0	-
Orange	(102)	5.9	-	2.0	93.1	1.0	1.0
Peach	(417)	94.2	1.9	1.2	1.2	1.0	3.1
Pear	(35)	77.1	-	5.7	2.9	5.7	11.4
Raspberry	(786)	97.6	1.5	2.5	0.1	0.1	-
Rhubarb	(276)	90.2	3.3	1.8	4.0	3.6	0.4
Saskatoon	(7)	100.0	-	-	-	-	-
Strawberry	(1893)	97.7	2.6	0.9	0.1	0.2	-
Other:	(554)	83.2	1.3	15.5	3.2	0.4	1.1
Total responses	4953						
% of all responses		84.2	2.0	11.8	2.7	1.4	0.6

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruits mentioned: plum, pumpkin, red currant, ground cherry, yellow tomato, cherry.

Table 76. Kinds of fruits and types of products made<sup>1</sup>

4. ST. JOHN'S							
Kind of fruit <sup>2</sup>	Responses	Type of product made					
		(%)					
		Jam	Freezer jam	Jelly	Marmalade	Conserve	Preserve
Apple	(178)	50.0	0.6	61.8	-	-	-
Apricot	(114)	100.0	1.8	-	-	-	-
Bakeapple	(531)	99.6	1.7	1.5	-	-	0.6
Blueberry	(970)	98.7	0.8	5.8	0.1	-	0.3
Chokecherry	(24)	41.7	-	62.5	-	-	4.2
Crabapple	(99)	44.4	1.0	59.6	-	-	-
Cranberry	(180)	69.4	2.2	34.4	-	-	0.6
Grape	(25)	12.0	-	88.0	-	-	-
Loganberry	(27)	77.8	3.7	11.1	11.1	-	-
Orange	(163)	3.7	-	2.5	95.1	1.2	-
Partridgeberry	(869)	99.2	0.6	4.0	0.1	-	-
Peach	(53)	81.1	9.4	-	7.5	3.8	1.9
Pear	(15)	86.7	13.3	13.3	-	-	-
Pincherry	(19)	26.3	-	73.7	5.3	-	-
Raspberry	(698)	97.6	2.0	4.2	0.1	-	1.0
Rhubarb	(576)	99.0	0.3	1.4	0.5	0.2	0.5
Saskatoon	(24)	100.0	-	4.2	-	-	-
Strawberry	(370)	96.2	3.5	3.0	0.5	-	4.3
Other:	(690)	68.9	0.3	19.9	15.1	0.4	0.1
Total responses	5625						
% of all responses		87.6	1.2	10.2	4.9	0.1	0.6

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruit mentioned: marshberry, squashberry, blackcurrant, rhubarb/strawberry, plum.

Table 77. Kinds of fruits and types of products made<sup>1</sup>

5. NOVA SCOTIA							
Kind of fruit <sup>2</sup>	Responses	Type of product made (%)					
		Jam	Freezer jam	Jelly	Marmalade	Conserve	Preserve
Apple	(72)	12.5	-	88.9	-	1.4	2.8
Apricot	(3)	66.7	-	33.3	-	-	-
Bakeapple	(7)	57.1	-	-	-	14.3	28.6
Blueberry	(69)	81.2	2.9	24.6	-	1.4	-
Chokecherry	(18)	11.1	-	88.9	-	-	-
Crabapple	(32)	3.1	-	96.9	-	-	-
Cranberry	(44)	25.0	-	34.1	-	4.5	47.7
Grape	(32)	18.8	-	81.3	-	-	3.1
Loganberry	(2)	-	-	100.0	-	-	-
Orange	(25)	8.0	-	4.0	96.0	-	-
Partridgeberry	(2)	100.0	-	-	-	-	-
Peach	(54)	79.6	-	-	11.1	7.4	5.6
Pear	(15)	73.3	-	6.7	6.7	6.7	13.3
Pincherry	(1)	100.0	-	-	-	-	-
Raspberry	(117)	88.0	9.4	11.1	-	-	0.9
Rhubarb	(55)	89.1	3.6	1.8	3.6	1.8	7.3
Saskatoon	(5)	100.0	-	-	-	-	-
Strawberry	(226)	77.0	38.5	4.4	-	0.4	1.3
Other:	(120)	63.3	2.5	25.8	3.3	1.7	4.2
Total responses	899						
% of all responses		62.0	11.7	25.5	4.1	1.6	4.9

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruits mentioned: blackberry, plum, rhubarb/strawberry, cherry, gooseberry.

Table 78. Kinds of fruits and types of products made<sup>1</sup>

6. NEWFOUNDLAND							
Kind of fruit <sup>2</sup>	Responses	Type of product made (%)					
		Jam	Freezer	Jelly	Marmalade	Conserve	Preserve
Apple	(23)	52.2	4.3	56.5	-	-	-
Apricot	(10)	100.0	-	-	-	-	-
Bakeapple	(58)	96.6	5.2	-	-	-	3.4
Blueberry	(78)	97.4	3.8	7.7	1.3	-	3.8
Chokecherry	(7)	28.6	14.3	71.4	-	-	-
Crabapple	(17)	35.3	-	70.6	-	-	-
Cranberry	(21)	66.7	-	38.1	-	4.8	-
Grape	(1)	100.0	-	-	-	-	-
Loganberry	(5)	40.0	-	60.0	-	-	-
Orange	(22)	13.6	-	4.5	90.9	-	-
Partridgeberry	(82)	96.3	4.9	11.0	-	-	-
Peach	(6)	100.0	-	-	16.7	16.7	-
Pear	(3)	66.7	-	-	-	-	33.3
Pincherry	(4)	50.0	-	50.0	-	-	-
Raspberry	(72)	90.3	6.9	12.5	-	-	4.2
Rhubarb	(64)	93.8	3.1	1.6	1.6	6.3	1.6
Saskatoon	(3)	100.0	-	-	-	-	-
Strawberry	(34)	91.2	14.7	2.9	-	-	5.9
Other:	(33)	51.5	-	33.3	12.1	-	-
Total responses	543						
% of all responses		82.3	-4.4	14.9	5.0	1.3	2.2

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruits mentioned: blackcurrant, squashberry, pumpkin, blackberry, red currant.



Table 79. Kinds of fruits and types of products made<sup>1</sup>

7. C.N.E.							
Kind of fruit	Responses	Type of product made (%)					
		Jam	Freezer jam	Jelly	Marmalade	Conserve	Preserve
Apple	(12)	41.7	-	75.0	-	-	-
Apricot	(12)	91.7	-	-	8.3	-	-
Bakeapple	(1)	100.0	-	-	-	-	-
Blueberry	(16)	100.0	-	-	-	-	-
Chokecherry	(1)	-	-	100.0	-	-	-
Crabapple	(7)	-	-	100.0	-	-	-
Cranberry	(1)	100.0	-	-	-	-	-
Grape	(18)	38.9	-	83.3	-	-	-
Loganberry	(1)	100.0	-	-	-	-	-
Orange	(9)	-	-	11.1	88.9	-	-
Partridgeberry	(1)	100.0	-	-	-	-	-
Peach	(61)	85.2	11.5	1.6	4.9	4.9	3.3
Pear	(10)	70.0	-	-	20.0	-	10.0
Raspberry	(62)	79.0	22.6	6.5	1.6	-	-
Rhubarb	(17)	76.5	11.8	-	5.9	5.9	-
Strawberry	(29)	72.9	39.5	1.6	-	-	0.8
Other	(111)	70.3	9.9	17.1	9.9	0.9	1.8
Total responses	469						
% of all responses		71.6	18.1	12.6	5.8	1.1	1.3

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

Table 80. Kinds of fruits and types of products made<sup>1</sup>

8. OTTAWA							
Kind of fruit <sup>2</sup>	Responses	Type of product made					
		(%)					
		Jam	Freezer jam	Jelly	Marmalade	Conserve	Perserve
Apple	(7)	28.6	-	71.4	-	-	-
Apricot	(3)	100.0	-	-	-	-	-
Blueberry	(8)	87.5	12.5	-	-	-	-
Chokecherry	(2)	50.0	-	50.0	-	-	-
Crabapple	(3)	33.3	-	100.0	-	-	-
Cranberry	(1)	100.0	-	-	-	-	-
Grape	(4)	50.0	-	50.0	-	-	-
Orange	(7)	-	-	-	100.0	-	-
Peach	(10)	90.0	-	-	-	10.0	-
Pear	(1)	100.0	-	-	-	-	-
Pincherry	(1)	100.0	-	-	-	-	-
Raspberry	(11)	90.0	9.1	-	-	-	-
Rhubarb	(10)	80.0	10.0	-	10.0	-	-
Saskatoon	(1)	100.0	-	-	-	100.0	-
Strawberry	(36)	94.4	5.6	-	-	-	-
Other:	(17)	70.6	-	11.8	23.5	-	5.9
Total responses	122						
% of all responses		76.2	4.1	10.7	9.8	1.6	0.8

<sup>1</sup> Respondents mentioned that they used more than one type of fruit.

<sup>2</sup> Other fruits mentioned: plum, cherry, rhubarb/strawberry, red currant.

Types of food dried: Of the 778 people surveyed, who dried food, fish (50.7%) and herbs (47.9%) were the most typical foods mentioned (Table 83). Fruits (30.3%), particularly apples and apricots (Table 81), and vegetables (20.9%), especially beans and mushrooms (Table 82), were also mentioned by those who dried food. Tables 81 to 83 outline the food-drying practices reported.

Table 81. Types of fruits dried in all locations<sup>1</sup>

Type of fruit	All locations	Location							
		Van	Tor	Mon	St.J	NS	Nfld	CNE	Ott
						(%)			
Apples	31.8	16.8	59.3	23.8	100.0	50.0	-	100.0	25.0
Apricots	15.3	19.4	3.7	14.3	-	12.5	-	-	-
Blueberries	3.8	1.9	3.7	4.8	-	18.8	50.0	-	-
Cherries	4.2	6.5	-	-	-	-	-	-	-
Currants	1.3	1.3	-	-	-	-	-	-	25.0
Peaches	4.7	6.5	-	-	-	6.3	-	-	-
Pears	5.1	7.1	3.7	-	-	-	-	-	-
Plums	7.6	10.3	3.7	-	-	-	-	-	25.0
Raspberries	2.1	1.9	-	4.8	-	-	50.0	-	-
Rhubarb	0.4	0.6	-	-	-	-	-	-	-
Strawberries	0.8	1.3	-	-	-	-	-	-	-
Other:	26.3	26.5	25.9	52.4	-	12.6	-	-	25.0
Fruit leather	3.4	4.5	3.7	9.5	-	6.3	-	-	25.0
Banana	2.1	2.6	3.7	23.8	-	6.3	-	-	-
Pineapple	2.9	3.9	3.7	9.5	-	-	-	-	-
Total responses	236	155	27	21	8	16	2	3	4

<sup>1</sup> See Appendix III, Question 7.

The most common fruit mentioned as having been dried was apples (31.8%), followed by apricots (15.3%). Drying of fruit appeared to be more common in Vancouver than in the other locations surveyed.

Table 82. Types of vegetables dried in all locations<sup>1</sup>

Type of vegetable	All locations	Location							
		Van	Tor	Mon	St.J (%)	NS	Nfld	CNE	Ott
Beans	7.9	8.3	17.4	1.4	-	62.5	-	-	-
Beets	0.6	2.8	-	-	-	-	-	-	-
Broccoli	0.6	2.8	-	-	-	-	-	-	-
Carrots	3.7	8.3	8.7	-	-	12.5	-	-	-
Corn	2.5	8.3	4.3	-	-	-	-	-	-
Mushrooms	7.4	8.3	8.7	2.7	19.0	-	-	100.0	-
Peas	3.1	11.1	4.3	-	-	-	-	-	-
Peppers	1.8	2.8	8.7	-	-	-	-	-	-
Tomatoes	0.6	2.8	-	-	-	-	-	-	-
Other:	71.8	44.5	47.9	95.9	81.0	25.0	-	-	-
Onion	6.1	11.1	17.4	4.1	-	12.5	-	-	-
Garlic	3.7	8.3	-	4.1	-	12.5	-	-	-
Parsley/savory	34.4	-	-	75.7	61.9	-	-	-	-
Total responses	163	36	23	74	21	8	-	1	-

<sup>1</sup> See Appendix III, Question 7.

The most common vegetable dried was beans (7.9%) followed closely by mushrooms (7.4%). Also mentioned were onions (6.1%), carrots (3.7%) and peas (3.1%).

Table 83. Types of other foods dried in all locations<sup>1</sup>

Type of food	All locations	Location							
		Van	Tor	Mon	St.J (%)	NS	Nfld	CNE	Ott
Meat	1.4	10.0	6.0	-	0.3	-	-	-	14.3
Fish:	50.7	20.0	1.0	-	95.9	-	97.0	5.6	-
Caplin					68.0		42.4		
Cod					74.5		48.0		
Herring					4.8		-		
Salmon					3.1		-		
Tongue					1.0		-		
Poultry	0.01	-	-	-	2.0	50.0	3.0	-	-
Other:	47.9	70.0	93.0	100.0	1.7	50.0	-	94.4	85.7
Herbs	47.9	70.0	93.0	72.4	1.7	50.0	-	94.4	85.7
Total responses	627	10	100	163	294	2	33	18	7

<sup>1</sup> See Appendix III, Question 7.

Of the other foods that were dried, fish (50.7%) and herbs (47.9%) were the most often mentioned. Respondents interviewed in St. John's (95.9%) and Newfoundland (97.0%) most often mentioned drying fish. Drying herbs was more common with those interviewed at the C.N.E. (94.4%), Toronto (93.0%) and Ottawa (85.7%).



## DISCUSSION

### Home preservers of the past and present

Mention home preserving to the average person and the image they conjure up is much like this - the farm wife, with sweating brow, standing over cauldrons of chili sauce or strawberry jam, made from produce picked fresh from the household garden. Although that picture may have been true a few years ago, it is much different today.

This survey has unveiled some reassuring, but at the same time alarming, information about food preservation practices in the home today. The sample surveyed cannot necessarily reflect the magnitude of the situation nor can it generalize to the country as a whole. There was no attempt made to regionalize the data collection and the sample was selected nonrandomly. Nonetheless, some interesting data have emerged.

First of all, home preserving is not a dying art. There is little historical information with which the present situation may be compared. However, incidence of home preserving was found to be high in this survey. About 45% of the 20 033 people approached by the interviewers agreed to complete the questionnaire and had preserved food at home.

### Emergence of a new home preserver

The sample produced some interesting data about the physical make-up of the modern home preserver. The vast majority of preservers are female, and middle aged and in this they resemble their predecessors. However, they do not necessarily live in a rural setting nor are they necessarily homemakers. What has emerged from this sample is that, be it city or country living, 'after five'/weekend home preservers have needs very different from those home preservers of the past.

### Attitudes about home-preserved food

Home preserving has gone beyond the simple need to preserve the excess garden produce for the long cold winter ahead (although 50% said that they grew their own vegetables, only 14.2% mentioned it as the reason for preserving). The desire, expressed by the sample, was to serve their family nutritious foods of good quality and taste, and to do

it economically. Although they admitted that preserving was time consuming, they confessed to enjoying it.

#### Types of preservation practiced

Just as Statistics Canada (1978) reported a high incidence of home freezer ownership, this survey demonstrated the popularity of freezing foods (mentioned by 80.4% of all home preservers). While canning was still practiced, pickling and jam and jelly-making were seen to be more popular.

It was interesting to discover that making jams was almost as popular (73.2% of all home preservers) as freezing. In these times of greater awareness and interest in good nutrition, one might not expect such a high figure. With the high cost of fruit and sugar (respondents vocalized their dissatisfaction with the prices) the reason for making jams is probably not economics. The practice may reflect a concern for good quality and nutrition. This would suggest one thing at least: people may be making jams with a lower sugar content.

#### Amount of risk accepted

The data showed the purchasing of the produce used in preserving, either directly from the producer on the premises or from farmers' markets. This financial commitment coupled with a strong desire for home preserves of good quality, suggests that modern home preservers will probably take fewer risks than those of the past. Unfortunately, the survey uncovered some alarming information.

#### Mother as the most important source of information

Who or what did the preserver turn to for advice to reduce the risk? The number one source, as indicated by the survey, was still 'mother' (mentioned by 59.8% of all home preservers). While mother might be experienced, past research has shown that she is not necessarily the most reliable source of information. The attitudes, based on ignorance, and behavior, based on tradition, that partly explained the unsafe methods practiced by the previous generation reappeared in these survey results.

### Unsafe preservation practices

The modern home preserver was using the same methods that jeopardized eating quality in the past despite mass media campaigns to the contrary (e.g., freezing corn without heat treatment). More alarming was the extent to which methods publicly declared to be harmful to health were being used. Whether they knew it or not, the home preservers surveyed were taking a great deal of risk. For example, 66.4% of those who had canned vegetables at home reported that they processed the product in a boiling water bath; meat, fish and poultry were being canned, by the the boiling water bath method, at an alarming frequency (79.7%, 74.5% and 83.8% respectively).

### Reaching the audience

There is one gleam of hope in this dismal picture. One other source of information mentioned were books/cookbooks (mentioned by 40.8% of all home preservers). If educators use this avenue perhaps there can be some impact made on the home preserving audience. Every effort should be made to ensure that accurate, reliable information is presented. At the same time, increased use of government publications (only 8.8% mentioned them as a source of information) might be accomplished if the publications were to be produced in a format similar to that of books or cookbooks. Perhaps governments could charge for their publications as well.

### A challenge to educators

In these times of mass education and communication, and greater knowledge of food technology there is no excuse for the kind of behavior that this survey has unveiled. The risks presented by the use of unsafe methods are too great to take. The rewards of good-quality homemade preserved foods is well worth the time and effort required!



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# Appendix I: Names of survey participants

Project Director: Marie Slusar  
Chief  
Experimental Section  
Food Advisory Division

Officer-in-Charge: Vicki McTaggart  
Food Consultant  
Food Advisory Division

Project manager: Terry Clarke  
Summer Student  
Food Advisory Division

	Vancouver	Toronto	Montreal	St. John's	Ottawa
Project leader	Judy Hershman 3rd year Home Economics, U. of Manitoba	Jeanette Jackson 4th year Nutrition & Food Sci., U. of Toronto	Alice Khatchikian 3rd year Consumer Sci., McGill U.	Yvonne Slaney 4th year Nutrition, Memorial U.	Joan Anderson 3rd year Nutrition & Food Sci. U. of Toronto
Team:	Heather Phipps Jennifer Dalawrak Denise Miller	Karen Boland Mary Cuch Barbara Sutherland Trevor King	Isabelle Gauthier Christina MacNeil Louise Sylvestre Josée-Anne Roy	Debbie Legge Darlene Oake Cathy Woolfrey	

Appendix II: Names of urban and rural interviewing sites and schedule for each location

Week of...	Location				
	Vancouver	Toronto	Montreal	St. John's	Nova Scotia
					Newfound-land
					Ottawa
					C.N.E.
June 30	U: Vancouver - Oakridge Mall; W. Vancouver - Park Royal Shopping Center R: Ladner	U: N. York - Black Creek Pioneer Village R: Uxbridge, Port Perry	U: Montreal - Les Galeries Normandie, Parc Mont Royal R: St. Augustin, St. Benoit	U: Arts & Culture Center, Avalon Mall, Memorial U., Murray Premises, Village Mall R: Heart's Delight, Ferryland, Torbay	Fundy Trail Mall, Truro Truro Mall, Truro Cumberland Mall, Amherst
July 7	U: Vancouver - Stanley Park, U. of B.C. Campus; New Westminster - Farmers Market R: Port Coquitlam	U: Scarborough - Agincourt Mall R: Milton, Woodbridge Fair	U: Montreal - St. Catherine St.; Montreal E. - Les Galeries d'Anjou R: St. Lazare, St. Marthe, St. Clet	U: Churchill Sq., Bannerman Park, Torbay Rd. Mall, Victoria Park Village Mall, Bowring Park, Atlantic Place, Water St. R: Point Lance	Sobey Store, Amherst Canning Bridgewater New Minas
July 14	U: N. Vancouver - Capilano Mall; Burnaby-Brentwood Mall, Loughheed Mall	U: Toronto - Bloor St. R: Orangeville Summerfest, Whitby Agri-cultural Fair	U: Ile St. Helene, Ile Notre-Dame; Laval-des-Rapides - Carrefour Laval R: St. Sauveur	U: Memorial U., K-Mart Plaza, Duckworth St. R: Bay Roberts, Carbonear, Placentia, Harbour Main, Tors Cove	N. Sydney Ex. Grounds Waterloo, Buckfield, Cookville Greenwood
July 21	U: Vancouver - Granville Is. Public Market, Arbutus Village Sq.; Burnaby - Middlegate Shopping Center; Vancouver Is. - Victoria	U: Toronto - Gerrard Sq., Bay and King St.; Etobicoke - Centennial Park R: Newmarket, Bradford	U: Montreal W. - Cavendish Mall: Montreal N. - Dominion Store; Duverney, Laval - Dominion Store, Laval Hypermarché, Decarie Hyper-marché R: Répigny, St. Martine	U: K-Mart Plaza, Arts & Culture Center, Avalon Mall Village Mall R: Holyrood, Witless Bay	Halifax County Ex., Musquodoboit Yarmouth Italy Cross & Chelsea Pleasantville Yarmouth County
					U: Ottawa Center-Colonel By Market, Sparks St. Mall; South-Vincent Massey Park

# Appendix II (cont.)

Week of...	Vancouver	Toronto	Montreal	Location		Nova Scotia	Newfound-land	Ottawa	C.N.E.
July 28	U: Vancouver - Robson Sq.; New Westminster - Westminster Mall R: Abbotsford, Maple Ridge Fall Fair	U: Toronto - Ont. Place; N. York - Jane/Finch Mall R: Brampton, Georgetown	U: Montreal - Central Market R: Hudson, St. Jean, St. Blaise, St. Valentin, St. Michel, St. Mathieu	U: Village Mall, Duckworth St., Memorial U. R: Bay Roberts, Carboneur, Cupids, Goulds	St. John's	Nova Scotia	Newfound-land	Ottawa	C.N.E.
August 4	U: Vancouver - Harbour Center Mall R: Squamish, Chilliwack	U: Toronto - St. Lawrence Market; N. York - Don Mills Center R: Tottenham, Shelburne Fiddlers Contest, Alliston Potato Festival	U: Montreal - Fairview Mall; Longueuil Dominion Store R: St. Damase, Marieville, St. Fiddlers Contest, Jean Baptiste, St. Madeleine	U: St. John's Regatta, Avalon Mall, Torbay Rd. Mall, Churchill Sq., Bowring Park R: Burin Peninsula Summer Games	St. John's	Nova Scotia	Newfound-land	Ottawa	C.N.E.
August 11	R: Surrey, Delta, Coquitlam, Cloverdale, Penticton, Summerland	U: Scarborough - Cedarbrae Plaza; N. York-Town & Country Mall, N. Town Plaza; Etobicoke - Rexdale Plaza R: Bowmanville	U: Montreal - Marché Jean-Talon; Centre Laval; Galeries St. Laurent R: St. Sulpice, St. Sophie, St. Jérôme	U: Village Mall, Duckworth St. R: Burin Peninsula Games, Bay Bulls, Chapels Cove	St. John's	Nova Scotia	Newfound-land	Ottawa	C.N.E.
August 18	U: Pacific National Ex. grounds R: Guildford, Maple Ridge, Kamloops	U: Scarborough - Parkway Plaza; N. York - Fairview Mall R: Richmond Hill, Aurora	U: Montreal - Centre Langelier, Central Market R: Les Cèdres, Ste. Timothée, Rivaud, Hudson	U: Village Mall, Bowring Park, Churchill Sq., Avalon Mall, K-Mart Mall R: Carboneur, Bay Roberts	St. John's	Nova Scotia	Newfound-land	Ottawa	C.N.E.

Toronto-Canadian National Exhibition, Coliseum Bldg, Home Canning Show

U: Urban interviewing sites, R: rural communities





Hello, my name is

I'm conducting a survey on home preserving practices for Agriculture Canada in Ottawa so they can better serve the public. Would you have a few minutes to answer some questions or have you been approached by someone else from Agriculture Canada?

Bonjour, mon nom est

J'effectue une enquête sur les méthodes de préservation des aliments pour le compte du ministère de l'Agriculture du Canada afin que celui-ci puisse offrir un meilleur service au grand public. Avez-vous quelques minutes à m'accorder pour répondre à certaines questions ou avez-vous déjà été interrogé par un autre représentant du ministère de l'Agriculture?

Q1

Have you or anyone else in your household ever done any preserving? By preserving, I mean canning, freezing or drying fruits, vegetables or meats, or making jams, jellies, pickles or relishes.

Vous êtes-vous adonné à la préservation alimentaire ou encore un autre membre de votre famille l'a-t-il fait? Par préservation, j'entends la mise en conserve, la congélation ou la déshydratation (séchage) de fruits, légumes ou viandes ou encore la préparation de confitures, gelées, marinades ou relish.

Yes, myself

☐

Qui, moi-même

Yes, someone else

☐

Qui, autre personne

Q2

Have you done any preserving since this time last year?

Vous êtes-vous adonné à la préservation alimentaire depuis l'an dernier à cette même date ou projetez-vous de le faire au cours de cette année?

Yes (proceed to Q5)

☐

Oui (passer à Q5)

No (proceed to Q3)

☐

Non (passer à Q3)

Q3

What would be your reasons for not doing any preserving?

Pour quelle raison n'êtes-vous pas prêt à vous adonner à la préservation alimentaire?

Too expensive

☐

Activité trop dispendieuse

No desire to preserve, I don't want to

☐

Aucun désir de le faire, je ne veux pas

Not enough time, too much work

☐

Pas assez de temps, trop de travail

Don't like home preserved food

☐

Je n'aime pas les aliments mis en conserve à la maison

Other

☐

Autre

Q4

Do you think you might do some preserving another year?

Pensez-vous le faire au cours des prochaines années?

Yes (proceed to Q13)

☐

Oui (passer à Q13)

No

☐

Non

Not sure

☐

Incertain

Q5

I'd like to ask you a few questions about the kind of preserves you've done since this time last year. First, what methods of preservation have you used?

J'aimerais vous poser quelques questions au sujet des activités de préservation alimentaire auxquelles vous vous êtes adonné depuis l'an dernier à cette même date. Tout d'abord, quelle(s) méthode(s) de préservation avez-vous utilisée(s)?

Canning

(proceed to Q5)

☐

Mise en conserve

(passer à Q5)

Freezing

(proceed to Q7)

☐

Congélation

(passer à Q7)

Drying

(proceed to Q7)

☐

Déshydratation (séchage)

(passer à Q7)

Pickling

(proceed to Q8)

☐

Marinades

(passer à Q8)

Jam or Jellies

(proceed to Q9)

☐

Confitures ou gelées

(passer à Q9)

Other

(proceed to Q10)

☐

Autre

(passer à Q10)



Q6

You mentioned that you can. Could you tell me what foods you have canned and what method you used? By method, I mean, do you use: boiling water bath, a pressure canner, an open kettle or the oven?

Vous avez dit vous adonner à la mise en conserve. Quels aliments avez-vous mis en conserve et quelle méthode avez-vous utilisée? Par cela j'entends utilisez-vous un bain d'eau bouillante, un autoclave, une marmite ou le four?

Fruits			BOILING WATER BATH BAIN D'EAU BOUILLANTE	PRESSURE CANNER AUTOCLAVE	OPEN KETTLE MARMITE	OVEN FOUR	OTHER/AUTRE
Apples	- Pommes	01					
Apricots	- Abricots	02					
Cherries	- Cerises	05					
Currants	- Gadelles	09					
Peaches	- Pêches	14					
Pears	- Poires	15					
Plums	- Prunes	17					
Rasberries	- Framboises	18					
Rhubarb	- Rhubarbe	19					
Strawberries	- Fraises	21					
Tomatoes	- Tomates	37					
Other	- Autre	<input type="checkbox"/> 41					
		42					
		43					
		44					

Vegetables/Légumes			BOILING WATER BATH BAIN D'EAU BOUILLANTE	PRESSURE CANNER AUTOCLAVE	OPEN KETTLE MARMITE	OVEN FOUR	OTHER/AUTRE
Asparagus	- Asperges	22					
Beans	- Haricots	23					
Beets	- Betteraves	24					
Broccoli	- Brocoli	25					
Carrots	- Carottes	26					
Cauliflower	- Choux-fleurs	27					
Corn	- Maïs	28					
Mushrooms	- Champignons	31					
Peas	- Pois verts	33					
Potatoes	- Pomme de terre	35					
Squash/Pumpkin	- Gorge/citrouille	36					
Other	- Autre	<input type="checkbox"/> 51					
		52					
		53					
		54					
Meat	- Viande	61					
Fish	- Poisson	62					
Poultry	- Volaille	63					
Other	- Autre	<input type="checkbox"/> 71					
		72					
		73					
		74					

Q7

You have (also) mentioned that you freeze/dry foods. What foods have you frozen/dried?

Vous avez (aussi) mentionné que vous congelez/déshydratez (sêchez) des aliments? Quels aliments avez-vous congelés/sêchés?

How do you prepare vegetables for freezing?

Comment préparez-vous les légumes pour la congélation?

Fruits			PREEZING CONGE- LATION	DRYING DESHY- DRA- TATION
Apples	- Pommes	01		
Apricots	- Abricots	02		
Blueberries	- Bleuts	04		
Cherries	- Cerises	05		
Currants	- Gadelles	09		
Peaches	- Pêches	14		
Pears	- Poires	15		
Plums	- Prunes	17		
Rasberries	- Framboises	18		
Rhubarb	- Rubarbe	19		
Strawberries	- Fraises	21		
Other	- Autre	<input type="checkbox"/> 41		
		42		
		43		
		44		

Vegetables/Légumes			BLANCHED BLANCHIS	COOKED CUITS	NEITHER AUCUNE PRÉPARATION	SHY UN- FROZEN
Asparagus	- Asperges	22				
Beans	- Haricots	23				
Beets	- Betteraves	24				
Broccoli	- Brocoli	25				
Carrots	- Carottes	26				
Cauliflower	- Choux-fleurs	27				
Corn	- Maïs	28				
Mushrooms	- Champignons	31				
Peas	- Pois	33				
Peppers	- Piments	34				
Squash/Pumpkin	- Gorge/citrouille	36				
Tomatoes	- Tomates	37				
Zucchini	- Courgette	38				
Other	- Autre	<input type="checkbox"/> 51				
		52				
		53				
		54				
Meat	- Viande	61				
Poultry	- Volaille	63				
Fish	- Poisson	62				
Dairy	- Produits laitiers	64				
Eggs	- Oeufs	65				
Prepared foods	- Aliments cuisine	66				
Other	- Autre	<input type="checkbox"/> 71				
		72				
		73				
		74				

Q8

You (also) mentioned that you pickle. What type of pickling did you do last year? Did you make pickles, relishes, sauces or chutneys?

Vous avez (aussi) dit que vous avez préparé des marinades. Quel type de marinades avez-vous préparé? Des cornichons, marinades, relish, catsups ou chutneys?

## Pickles/Marinades et cornichons

Beet	24	Betteraves
Bread & butter	75	Concombres tranchés
Cauliflower	27	Choux-fleurs
Dill	76	Cornichons au fenouil
Green tomatoes	30	Tomate vertes
Mixed	77	Marinades mélangées
Mustard	78	À la moutarde
Onion	32	Oignon
Sweet	79	Cornichons sucrés
Zucchini	38	Courgettes
Other	80	Autre
	81	
	82	
	83	
Cherries	05	Cerises
Crabapples	07	Pomme sauvage
Peaches	14	Pêches
Pears	15	Poires
Other	84	Autre
	85	
	86	
	87	

## Relish

Beet	24	Aux betteraves
Corn	28	Aux maïs
Cucumber	29	Aux concombres
Onion	32	Aux oignon
Pepper	34	Aux piments
Other	88	Autre
	89	
	90	
	91	

## Sauce/Catsup

Chili	92	Chili
Chow chow	93	(Chow chow) macédoine de tomates vertes
Other	94	Autre
	95	
	96	
	97	

## Chutney

Apple	01	Pommes
Green tomato	30	Aux tomates vertes
Peach	14	Aux pêche
Pear	15	Aux poires
Rhubarb	19	À la rhubarbe
Other	98	Autre
	99	

Q9

You (also) mentioned that you made jams and jellies. What kind did you make last year?

Vous avez (aussi) mentionné que vous avez préparé des confitures gelées. Quelles sortes avez-vous préparé l'année dernière?

		JAM CONFITURE	FREZER JAM CONFITURE AU CONGÉLATEUR	JELLY GELLÉE	MARMALADE	CONSERVE CONFITURE ÉPAISSE	PRESERVE FRUITS EN SIROP
Apple	— Pomme	01					
Apricot	— Abricot	02					
Bake apple	— Pomme cuite	03					
Blueberry	— Bleuet	04					
Choke-cherry	— Merise de virginie	06					
Crabapple	— Pomme sauvage	07					
Cranberry	— Canneberge	08					
Grape	— Raisin	10					
Loganberry	— Ronce framboise	11					
Orange	— Orange	12					
Partridgeberry	— cauthérie	13					
Peach	— Pêche	14					
Pear	— Poire	15					
Pincherry	— Pincherry	16					
Raspberry	— Framboise	18					
Rhubarb	— Rhubarbe	19					
Saskatoon	— Saskatoon	20					
Strawberries	— Fraise	21					
Other	— Autre	41					
		42					
		43					
		44					

Q10

Where do you usually get the fruits/vegetables you preserve?

Habituellement, où vous procurez-vous les fruits/légumes que vous préservez?

FRUITS		VEGETABLES LÉGUMES	CC
24	<input type="checkbox"/>	Grow my own — Je les cultive moi-même	<input type="checkbox"/> 31
25	<input type="checkbox"/>	Free from neighbour relative, friend — Gratuitement de voisin, parents ou amis	<input type="checkbox"/> 32
26	<input type="checkbox"/>	Buy from a farmer's market — Marché citadin	<input type="checkbox"/> 33
27	<input type="checkbox"/>	Farm, market garden — Directement d'une ferme	<input type="checkbox"/> 34
28	<input type="checkbox"/>	Retail produce store — Magasin de détail de fruits et légumes	<input type="checkbox"/> 35
29	<input type="checkbox"/>	Supermarket — Supermarché	<input type="checkbox"/> 36
30	<input type="checkbox"/>	Other — Autre	<input type="checkbox"/> 37

Q11

How did you learn to home preserve?

Comment avez-vous appris la préservation alimentaire?

- 38 Mother — Mère
- 39 Other relatives — Autre parent
- 40 Friend, neighbour — Ami ou voisin
- 41 Home economic — Economiste ménagère
- 42 Books, cookbook — Livre de recettes, livres
- 43 Newspaper — Journaux
- 44 Magazine — Magazines
- 45 Government publications — Publication du gouvernement
- 46 School or extension course — École ou cours de vulgarisation
- 47 Booklet with preserving supplies — Brochures accompagnant le matériel de préservation
- 48 Other — Autre

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Q12

What would you say are the reasons why you do home preserving?

Pour quelle raison vous adonnez-vous à la préservation alimentaire?

- 50 Contains no additives — Pas d'additifs
- 51 Saves money — Économies
- 52 Have a garden — J'ai mon propre jardin
- 53 Homemade taste better — Les aliments maison ont meilleur goût
- 54 Homemade better for you — Les aliments maison sont mieux pour la santé
- 55 Enjoy the activity — J'aime cette activité
- 56 Not available commercially — Produits non disponibles sur le marché
- 57 Other — Autre

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Q13

Now if I can get general facts about you Would you tell me which age group you fit into.

Maintenant j'aimerais obtenir quelques renseignements généraux à votre sujet Dans quel groupe d'âge vous situez-vous?

- 59 ☐ Less than 25 years ☐ 25 to 49 years ☐ 50 years and over
- 1 Moins de 25 ans 2 à 49 ans 3 ans et plus

Q14

Would you tell me which category best describes the size of your household, including children?

Combien y a-t-il de personnes dans votre famille, y compris les enfants?

- 60 ☐ 1 person ☐ 2 persons ☐ 3 to 6 persons ☐ More than 6 persons
- 1 personne 2 personnes 3 à 6 personnes 4 Plus de 6 personnes

Q15

Would you tell me which category best describes your total annual household income from all sources before taxes?

Dans quelle catégorie se situe le revenu annuel de votre famille, en tenant compte de toutes les sources de revenu avant déduction?

- 61 ☐ Less than 10,000 ☐ 10,000 to 20,000 ☐ More than 20,000
- 1 Moins de 10,000 2 à 20,000 3 Plus de 20,000

Q16

Are you employed outside the home?

Avez-vous un emploi à l'extérieur du foyer?

- 62 ☐ Yes ☐ No
- 1 Oui 2 Non

Q17

Do you live in an urban or rural community?

Vivez-vous dans une localité urbaine ou rurale?

- 63 ☐ Urban ☐ Rural
- 64 1 Urbaine 2 Rurale
- Respondent was Le répondant était ☐ Male ☐ Female
- 1 Masculin 2 Féminin

Is there anything that you would like to add?

Désirez-vous ajouter quelque chose?

- 65 Comments made ☐
- Commentaires

Thank you for your time. Would you be interested in these publications?

Merci d'avoir bien voulu répondre à ce questionnaire, les publications vous intéressent-elles?



#### Appendix IV: Definition of terms used during interview

Blanching vegetables for freezing: Immersing vegetables in boiling water for a few minutes to inactivate enzymes.

Boiling water bath method of canning: Jars are filled with uncooked food and liquid is added. The jars are sealed and placed in a large kettle. Hot water is added to cover the jars and the water is brought to a vigorous boil. The water is held at that temperature for the appropriate time.

Farmer's market: A place in the city where growers accumulate to sell their produce.

Farm-market garden: Usually a rural location where the produce is grown and sold on the premises.

Home preserver: Any male or female having done preserving or living in a household in which preserving was done in the past year.

Household: Includes everyone living under the same roof such as boarders, grandparents, teenagers, children.

Open kettle method of canning: Clean and sterile jars are filled with cooked food, then sealed. There is no heat processing involved.

Oven method of canning: Jars are filled, sealed and heated in the oven for the specified time.

Pressure canner method of canning: Jars are filled, sealed and placed in a pressure canner. Hot water is added to come halfway up the jars. The canner is closed and heated to the appropriate pressure where it is held for the time specified.

Retail produce store: When the buyer deals with the retailer or wholesaler instead of the producer. A permanent building which stocks mainly fresh produce.

Supermarket: A retail outlet which carries all grocery items including produce.

## Appendix V: Comments made by respondents<sup>1</sup>

### About the survey generally

Asked about the purpose of the survey (30)

Heard about survey on the radio, in newspapers (14)

Pleased to see the government is doing this kind of survey (37)

Are the results going to be made public (4)

Glad the government is providing jobs for students (3)

Survey is a waste of taxpayers' money

Would/could not answer the income question (22)

### About government publications and information distribution generally

Really liked the 'Jams, Jellies and Pickles' publication (5)

Heard about 'Freezing Foods' on television

The 'Freezing Foods' publication is her 'bible'

Used the publications when something went wrong, e.g., runny jam (3)

Government does a good job with their publications (15)

The survey was worth doing just to get the publications (3)

Appreciated receiving the publications (25)

Wouldn't trust any other publications but the government-produced ones (3)

More information about preservation should be available (10)

There needs to be more communication between the government and the public (4)

Didn't want the publications as her own recipes were as good as anything the government hands out

The Department of Agriculture spends more money than they should

Would rather have publications in practical measures than in metric

### About home preserved food generally

Concerned about additives in foods (11)

People should become more self-sufficient by growing and preserving their food (13)



## Appendix V (cont'd.)

Preserving is a good way to save money and eat better (8)  
Commercially canned fruits are too sweet (2)  
Commercially prepared jams are competitively priced to homemade (8)  
Home preserving is too expensive, especially to buy the equipment (4)  
Sugar prices are too high to do home preserving (11)  
Some fruits (foods) are too expensive to home preserve (8)  
Another person in household helps with the preserving (31)  
Preserving is a lot of work and takes a lot of time (8)  
Canning is much easier now that they have invented so many new things  
Canning was popular years ago and seems to be coming back  
Would like to see canning jars available in dark colors to preserve vitamins  
Wishes canning jars were more readily available and less expensive (2)  
Concerned about botulism, safety of canned foods (4)  
Seals canned vegetables with a layer of oil (2)  
Mother does canning in the oven  
Doesn't believe in blanching vegetables because nutrients are lost (2)  
Blanches vegetables in the microwave oven  
Freezing food saves money and tastes better than canned food (4)  
Steam-blanches vegetables before freezing (7)  
Processes pickles in a boiling water bath  
Seals jam with a layer of vinegar on top  
Would like more information about preserving without sugar (6)  
Would like more salt-free recipes (2)

### Problems with preserved food in the past

Had problems canning tomatoes (3)  
Frozen cauliflower didn't turn out well (2)  
Frozen corn came out watery (2)  
Unblanched beans tasted sour when taken from the freezer  
Freezing turnip was not successful  
Vegetables came out soggy when immersed in cold water after blanching  
Frozen old cheddar cheese crumbled and was tasteless

## Appendix V (cont'd.)

### Questions about food preservation techniques

How do you freeze eggs and dairy products (2)

How can you make freezer jam without using Certo (2)

How do you freeze fruits and vegetables

Would like more information about canning meat and fish

Would like more information about drying food (3)

<sup>1</sup> Number in brackets represents the number of respondents expressing a common idea.





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